



My Yoga Nidra Online

Yoga Nidra. Personal Self Development Plan.

Discover Your True Potential.

PERSONAL DEVELOPMENT, GOAL CREATION PLAN

Introduction.

Whether you are a tradesman, researcher, professional, student, movie star, athlete, or parent, we all have goals and aspirations we would like to achieve in our life. It's important to understand, that you become what you think about most of the time. Successful people take control of their lives, thinking about their goals and dreams, making plans and acting on them daily.

What are goals?

A goal is an ambition, aspiration, desire to achieve or improve something in your life. Most of your goals can be achieved by developing and increasing your knowledge, skills and willpower, or by creating plans, and by learning from and modeling from somebody else that has already achieved the goal you want to achieve. Much like following a recipe, if you follow the instructions enough times, you begin to master the dish, and can replicate the success easily. The recipe is like a proven formula you follow to achieve your goals.

There are systems of meditation that primarily teach mindfulness, or just living in the moment for example. However, these systems pay little attention, if any on goal creation, affirmation and visualisations. Some teach suppression of desires, and don't recommend the creation of goals. Awareness and mindfulness are essential techniques to learn and practice daily, but there is much more that needs to be done to see change in your life. Perhaps for a small proportion of the population, or if you were living in a monastery, these techniques might be applicable, but for the vast amount of the population, we want to live in the world. We have goals dreams, desires, and want our life to be the fullest. This is a natural desire for human beings, and suppression can lead to all kinds of problems. However, this is not to say we shouldn't be sensible and wise with our desires. We should carefully think through our desires, ensuring they cause no harm or mistreatment to anyone else. Aligning with our true purpose, is a good place to start in discovering what we want to achieve in life and what is good for us as a person.

Why create goals?

Your mind is like your body. Just as your body needs healthy foods daily for it to function well, your mind needs a diet of healthy positive information to focus on. Like a garden, you fertilize the soil, plant the specific seeds you want, water and tend to it carefully, then it blossoms into a beautiful garden. All of your work comes into fruition. Similarly, you have the ability to create anything you want to in your life, and to see it come to fruition. But first, you must learn to develop focus and willpower, and to establish a plan, or recipe, to help work towards achieving your goals.

Yoga nidra is an incredibly easy meditation system that has shown to have powerful results. By regularly practicing Yoga nidra you will increase your focus, develop your will power, and build creativity. You will learn to create a resolve of positive affirmations--gradually feeding your brain a healthy diet of positive influence, visualisations and encouragement that results in successful achievement of your goals.

How and where to start?

1) Know your goals

To get started, it is helpful if you clearly know your goals, and have a clear visual representation of what you want to achieve. If you were to get someone to build a house for you, for example, it's important to have a clear visual representation of the shape and size of the house, how many bedrooms, colours, and fittings etc. This ensures the correct steps are made to build that house exactly as you want it.

However, most of us are uncertain about what our goals are, and what we want out of life. We may know we want change in your life, but don't

exactly know what that looks like. Yoga nidra can help in formulating your goals, even if you are currently uncertain about what they are. Practicing Yoga nidra increases your creativity. As you learn to relax, and free your body and mind of stress and tensions, you begin to unleash the incredible power of your mind. In this deeply relaxed state, your creativity is enhanced and unencumbered, and you will find you have the ability to develop a clear vision of what you want to achieve out of life. Once you've developed this clear vision, it is easy to move onto the next step.

If you are currently uncertain about what your goals are, be sure to use the goal creation Yoga nidra supplied with this course. Use this as many times as you need until a clear goal evolves in your mind. Before moving onto the second step, make sure you write down your goal/s. This helps to solidify and clarify the goal in your mind.

2) Create a plan

The second step is to create a plan. Start by writing down a list of everything you need to do to achieve your goal. Identify if you would like to learn new skills, and complete the task your self, or, use professionals who have expertise in the skills you need to achieve your goals. You may chose to use proven techniques that other people have been successful with previously, or learn from them and do it yourself. Identify which is the most productive way for you to accomplish the goal and start to develop your recipe. You can be creative, but identify where you may require assistance from others that can save you time and energy.

For example, it would be impossible for a builder to build a house without a clear plan. This plan will incorporate other professionals who are experts in their fields. The reason for this, is because these professionals have many years of experience working in their particular field. Some

of these skills can be mastered yourself, however this may take many years to develop these particular skills or to learn a new system. Consulting and collaborating with professionals and experts can ensure positive outcomes in advancing towards your goal and quickly.

3) Prioritize your plan

The third step is to identify the sequence and prioritize your plan. You wouldn't build a roof on your house without the walls being established first. You need to build a strong foundation first that supports the structure of the house, then the frame is built, the roof and so on. Break your goal up into accomplishable steps -- mini goals that are achievable whilst working towards your main goal. This will help you to stay motivated and driven, seeing smaller goals accomplished as you move towards the final completion of your goal. Using Yoga nidra affirmations daily, is important during this stage as it increases your focus, willpower and will help keep you on task.

Let's Begin.

Let's begin to formulate your recipe for success. Using the following tips and instructions start to create your goal. There is space provided at the end of this pdf to write these down. Alternatively please get a piece of paper, use your diary, or create a special document in your computer to write down your goals. Once I explain the process, you can take the first step and begin! This first step will only take 5 Minutes and yet it will change your life

Practice 1. Identify Your Goal

Write down no more than 5 goals, or just one goal you would like to achieve in the next 12 months.

Use the following suggested tools to help get you started.

* **Use Present Tense:** Write down your goals as though you have already accomplished them and you are looking back on them. Example: *I am solving my problems creatively, I have a successful business, I am fit and healthy*

* **Use positive language:** Always use positive language as it has a more powerful effect on your sub-conscious mind. Example: *I am successful in everything I do.*

* **Keep it personal:** Always use the word *I* when you write down a goal for yourself. You are the only person in the world who can do that, and your subconscious mind and superconscious is more receptive when you say *I*. Example: *I am, I can, I have*

* **Additional tips**

- *Keep the goals short, simple and concise*
- *Write down realistic dates to achieve them by, but be prepared to be flexible as challenges are more than likely to arise.*
- *Restructure and work around any challenges that arise and keep on going until you achieve the goals:)*
- *Write down a list of everything you need to do to achieve your goal*
- *Write down the sequence of events to take place and prioritize*

- *Split your goals up into manageable steps and smaller achievable goals*
- *Organize the list into a plan.*
- *Do something everyday to work on your goals. Repeat your goals everyday.*
- *Use Yoga nidra to create affirmations and use them daily to support your goals.*
- *Enjoy the journey and be flexible. Sometimes our goals change over time, or they are not what we expected once we achieve them.*
- *Have fun and take it all as a challenge, it is all personal self development.*

These techniques will help clarify your goals, train your subconscious mind and unlock your creative mental powers. Using the space below, or a personal diary, please write down at least one goal following the above mentioned suggestions. It will change your life for ever.



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My goal is:

I will have this achieved by:

What I will need to achieve this goal:

Break this goal down into smaller, manageable tasks:

What do I need to prioritize?:

What will I do everyday to work towards my goal?:

List some positive affirmations to help support your goals: