



“Energize My Goal” Exercise!

**Re-write your goal statement below, as instructed in the chapter
ENERGIZED**

My goal is.....
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Once written, stand up again and read it out loud to yourself. In your natural tone of voice as if you were speaking with someone else, simply read it out from start to end. Do this three times, ticking off each time you have;

Now, I can't hear you right now but I would predict quite confidently that you simply read that out in a normal, somewhat structured and relaxed tone of voice. Read it out three more times in that same way, and tick it off below as you do so;

That time, were you more aware of how you sounded when reading it aloud? Think you could be more enthusiastic? Then read it out again, this time with a positive, ascending tone of voice as if you were reading a story to a group of children. Do this three times also;

How did that feel? Did your goal statement take on a bit more life just now? Read it out again, but this time, really savour each and every word. Imagine each word was going to be the last time you ever spoke. Read it with passion, gusto and motivation. Read it that way five times.



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How is it sounding to you now? Getting louder, bigger, stronger? Good. Now, read it out as loudly as you can, without screaming. A big, booming commanding voice as if you were the Emperor of Rome addressing the Coliseum. Imagine your voice will echo through the room as you read. This is the part where you might start to feel a bit silly, because how often do we speak like this really? Hence the reason I asked you to go somewhere you could be alone without confused eyes staring as you raise your voice. This is your private place. Own it and make as much noise as you want. If you hang in here with me and follow through, you will increase your energy dramatically and feel your goal taking on a whole new meaning. Still imagining you were the Emperor of Rome with a crowd hanging off your every word, read your goal statement out as if it were a moment in history. Do this five times;

Now that you’re warmed up, get ready for the really fun part. Continuing to read out your statement with power and passion, jump up and down on the spot. Jump as high as you can. If you have space, kick your legs out, extend your available arm and wave your hand freely. Do this five times.

Feeling more energized? Good, because now we’re going to raise the roof! Pick a song or piece of music from your collection that gets you really motivated. A song that lifts you up when you’re feeling down and inspires you to be the best person you can be. You might have a particular song in mind, or maybe not. If you’d like a suggestion, I like to listen to “Eye of the Tiger” by Survivor, so brilliantly used in the Rocky films. Or “You’re Simply the Best” by Tina Turner always gets me motivated. A song that starts slow and builds and builds towards an uplifting and climatic chorus or finish. Take a moment and cue that song. Turn it up loud!

As soon as the song starts, continue reading your goal statement. Keep jumping up and down. Jump higher and higher. Then yell and scream your goal statement as if the whole world needed to hear it. Do it again and again. Keep reading it for the entire duration of the song, until the music ends. Scream it until your throat hurts and you can’t go any further. Then once the song ends, stop.