

DECONSTRUCTION METHOD ®

One of the biggest hurdles to starting on the journey to a goal and achieving it is procrastination. Procrastination can be a sign of low self-confidence, which often comes when you're not sure of what to do.

Depending on the endeavour, it can be quite overwhelming and confusing when you consider what to do or even how to get started, and in most cases people would rather walk away from the goal.

This can cause stress and internal conflict, especially when the goal is one you really wish to achieve but feel helpless towards doing so.

When you think of what you want, you think backwards, meaning you go straight to the end result. You don't start from the creation of the outcome. Therefore beginning at the start so as to end up at the desired outcome is not as easy as it looks, as it's unknown and un-manifested at this stage.

That's why I recommend starting at the end and heading to the beginning; think of it as reverse engineering your goal to find the best way to start and achieve it.

When I am sitting down with someone to help them work out their course of action, I work backward with them using a process I call Deconstruction.

What on earth am I on about? When you set a goal you base it on what you want, you see your arrival or preferred destination, your end goal first. Therefore it makes sense that the end is the best starting point when it comes to setting out the journey and your targets.

As I see it there are five stages to navigate through and they are (and I note them backward deliberately):

1. **Arrival**
2. **Implementation**
3. **Preparation**
4. **Needs establishment**
5. **Decision**

Let's look at each of these now in a little more depth.

By starting with the end as Step One and working backwards to the beginning at Step Five and by following this method, you will have your action plan mapped out.

You will know how to get started and what your first move should be, thus eliminating any procrastination.

Arrival: You have established your arrival – this refers to your end result, your destination. The more detail you come up with, the better; however it is not critical to have all the detail. A decent picture of how and what you want will suffice.

The arrival stage is simply the dream, the vision of what you want to be happening and how you want yourself to be.

Here, it is critical you don't hold back, be what I call 'positively selfish', it's your life, your vision, have fun with it!

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Implementation: The name says it all, it's the step (or steps) just before having what you want; the final sequence of events that ushers you from not quite there to I am there.

Knowing your end result, what do you think you would have had to implement just before it, to arrive at your

desired outcome? This is understanding, as best as possible, what you would have had to have done right before succeeding.

Look at the details of your arrival and even approximately guess what would have had to have been implemented for that to happen. The answer is in your arrival stage, which provides clarity. This whole process is about creating detailed clarity.

Preparation: Before you can start a car to drive it, a few things need to happen: you need to make sure there is petrol in it, water in the radiator, brake fluid, oil and so on. It's the same here—before you can implement something that will propel you to your desired outcomes, you need to make some preparations.

By completing the previous step, you already know approximately what you would have had to have implemented to arrive at your desired destination, so the next thing to consider is how you would have had to prepare those elements. This is to help you break down what you need to have prepared in order to have implemented the elements you listed in the implementation stage.

Needs Establishment: This part is truly amazing, it's here you go from no clue to a full list of actions you can start a.s.a.p. So knowing now what you have to prepare, what then do you think your needs would be for getting started on your path to your desired destination?

At this stage you can now start thinking presently and with clarity and focus. This ultimately marks the first physical steps you have to take towards attaining your goal.

Grab a sheet of paper and a pen and start listing your action items. Once done, waste no time, get started as soon as you can and keep going until you arrive.

Finally and most importantly...

Decision: Why do I have this step? Before anything can ever happen, you must decide to take the action, to seek the knowledge and make your desired destination a reality.

This decision can only be made when the reasons for doing it are so compelling that not doing it is unbearable torture.

In fact success, ultimately is a non-negotiable decision to commit to constant and positively effective actions, in order to achieve your ideal outcomes in life.

This simply means that you will no longer settle for what you have been getting, for the mediocre, the everyday. It means that you will allow yourself to expand to new levels and break the illusions of limitations that have controlled the lives of you and many others throughout the world, and you will take the actions that are required to succeed and never stop.

I have provided you with a simple example of this process to better clarify what I mean and how it works, and so you can also model it in real life.

A Basic Example Using The Back To The Future Method

Scenario: Losing weight as the end goal.

Arrival stage: Lost 20 kilos (45 pounds) and able to wear my high school jeans and run two kilometres (1.4 miles) all in three months.

Implementation stage: Completed three months of gym and personal training and made at least one successful attempt at a two-kilometre run.

Have an eating plan that is catered for days in advance with full cooking sessions twice a week and regular review and meditation making it a second-nature habit.

Preparation: Schedule gym sessions at least three times a week, book at least one personal training session a week and do research at least one to two hours a week, plan my meals intake and schedule specific foods at specific times, keep my jeans out and images of what I want to achieve in view for motivation.

Tell a trusted friend of my goal and ask them to hold me to my goal.

Needs Establishment: new food list, buy foods, gym membership, paid personal training, create a training schedule, buy and read some mindset books (like this book), sneakers, training clothes, pick a trusted friend. (THIS NOW IS YOUR PHYSICAL STARTING POINT).

Decision: My compelling reasons for this are that I don't want to keep puffing out just walking a short distance, I want to attract my dream lover, I want to be able to live healthy and free from disease, I want to feel alive and start a family. I don't want to be a prisoner in my body.

DECONSTRUCTION TEMPLATE

Building your path to success.

Starting at the end and heading to the start, map your starting point and strategy for achieving a goal:

Arrival:

Implementation:

Preparation:

Needs Establishment:

Decision:

ENJOY- Coach Petros.