

# STEPS FOR PUTTING A SINGLE GOAL IN YOUR FUTURE

1. **Be sure the goal is stated so it is S.M.A.R.T.**
2. **Get the last step:**  
“What is the last thing that has to happen so you know you got it?”
3. **Make an Internal Representation:**  
A Visual representation,  
or Auditory representation,  
or Kinesthetic representation.  
  
Having all –V, A, K, O, G, Ad is best.
4. **Step into the Internal Representation — associate the Client**
5. **Adjust the SubModalities**—Adjust them for the most positive Kinesthetic or for the most “real” feeling.
6. **Step out of the Internal Representation — dissociate the Client.**
7. **Take the Internal Representation and float above now.**
8. **Energize the Internal Representation with four deep breaths:** Have the Client breathe in through the nose, out through the mouth, and blow all the energy into the Internal Representation.
9. **Float out into the Future:** Take the Internal Representation and float above the Time Line out into the future.
10. **Insert the Internal Representation into the Time Line:**  
“Let go of the Internal Representation and let it float right down into the Time Line.
11. **Notice the events between then and now re-evaluate themselves to support goal:** The Client may or may not have an experience of the reevaluation, so we call it to his (her) attention.
12. **Float back to now.**