

## **Is it Worth Making a Goal Poster and Why? How does it work?**

Even though I heard so much about the importance of the Goal Poster and what an integral role it has in the pursuit and achievement of our dreams I myself didn't have one for a long time. I believed that knowing what I wanted in my head would suffice.

No one ever explained to me how it works. One day I was reading a book and I had an epiphany. I finally understood the core philosophy behind the Goal Poster.

Do you know what I came to realize?

That our brain works like a camera taking mental pictures? It sends the images from the conscious mind to the subconscious mind. Our subconscious mind collects all the information that is necessary for it to become our "guide" in life.

Our subconscious operates based on the information we provide it. Our every day thoughts and images (what it sees and hears).

Therefore never think what you don't want in life. Don't paint yourself a picture that you don't want to look at, because then you are programming your subconscious with wrong information that will yield results inline with that kind of thinking. Alternatively, think of what you want to achieve, because you attract to your life what you think about.

If we focus on WHAT we want, the subconscious will deliver the HOW. Of course, we have to help our subconscious, and make an effort and work toward our dreams.

The moment I understood this concept, the next Monday I made a Goal Poster with my consultants during our business meeting.

Believe me, neither You nor I can afford to think about what we lack in our lives; "What is going to happen if I don't get this? What if this doesn't work out?" and so on. Unfortunately, this kind of thinking is innate to human nature; it comes from the fear of failure.

**DO NOT PAINT A PICTURE THAT YOU DO NOT WANT TO LOOK AT**

Help Yourself! Make a Goal Poster and place on it what you want for Yourself and your Family!! You must work to achieve these dreams!

Help your subconscious direct you to all the incredible things which God has planned for you. You were created with everything you need to achieve your greatest potential and live a full, happy life as God intended.

Trust Him and follow your plan to maximize your potential without any hesitation.

All you have to do is paint what you want, believe in your abilities (that you can do it) and most importantly that you deserve it. In that mind set work toward your goal

systematically, with belief as if the end result has already been achieved. Persistence and determination will get you there.

I wish you this from the bottom of my heart, trusting that you will make your Goal Poster.

With belief in You,  
Halina Rygiel - NSD