

What If Your Goal Doesn't Believe You?

Breakfast with Champions

What this is for

You can want something completely, and still have part of your mind organised around something else entirely.

Find the gap between the goal you can describe and the goal your mind actually believes.

Before you start

No materials needed. Just one goal you already have and can describe clearly.

- A real goal you want — something you can put into a single sentence.
- 10–15 minutes, somewhere you can close your eyes for a moment

The exercise

Go slowly. The value here is in noticing, not in getting a "right" answer.

- 1.** Picture yourself having already achieved it. Notice the picture: close or far, moving or still, clear or vague? Is there a voice — what does it say? What happens in your body?
- 2.** Listen to your own language about it. Do you say "I'd love to," "one day," "if everything goes well," "I should"? Ask yourself: how do I know that's what I want? How will I know I've got it?
- 3.** Imagine you've already got it. What changes? What becomes expected of you? What would you have to stop doing? Notice how your body responds to that future.
- 4.** Recall a time you already felt the exact quality you'd need to make this real — certainty, courage, calm, focus. Bring it back fully, then check what happens to the goal from step one.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

Did the goal look or feel any different by the end than it did at the start?

Your one next action

Small enough that it actually happens. Before we next meet.
