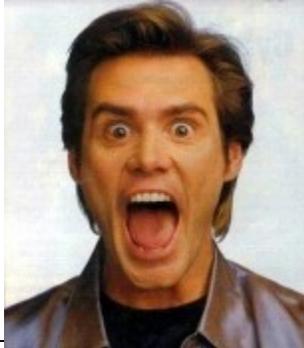


Goal-Setting Inspiration from Jim Carrey

Posted by [Coach](#) • September 17, 2009 • [Printer-friendly](#)



You started off the year with a bang! You set some GREAT goals!

Now you may be in “stall” mode.

If you are, Jim Carrey’s story might help.

When Jim Carrey was a wanna-be actor, before he ever made a movie, he drove up to Mulholland Drive one evening, parked on a bluff overlooking Hollywood and took his checkbook out.

He wrote a check out to “Jim Carrey” for \$25 million dollars and dated the check 3 years into the future. At the bottom of the check, he wrote “For acting services rendered.”

Why?

Because Jim Carrey **VISUALIZED HIS SUCCESS.**

He acted “as if” he were a star. Three years later HE WAS!!!

Ace Ventura Pet Detective became a box office hit that earned Carrey **DOUBLE** the amount of that check he had originally written.

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We can harness the same idea to jumpstart our goals.

Here's how:

WRITE DOWN your goals.

Read them every day. That's right. Every day.

Why?

You are mentally programming your subconscious brain to achieve success by repeatedly reading your goals.

Say your goals out loud **SEVERAL TIMES A DAY with emotion**, in the present tense, as though they have already come true. These statements are called **POSITIVE AFFIRMATIONS**.

For example:

“I am confident of my ability to build my practice!”

“I am excited to be bringing in a new client every week!”

“I am thrilled to be making \$150,000 a year!”

Think of 3 actions you could take immediately to achieve your goal, e.g.

- 1) “I plan every day in advance.”
- 2) “I start on my most important task first each day.”
- 3) “I concentrate on my most important task until it is complete.”

See the success you desire!

VISUALIZE your goals as present reality. Close your eyes and picture as true what you want to achieve. As you change your mental picture on the **inside**, you will begin to attract into your life the people, circumstances and resources you need to change your picture on the **outside**.

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Coach's questions:

1. How willing are you to write down and visualize your goals in order to achieve them?
2. What would it mean to you to have a coach who motivates you and holds you accountable for achieving those goals?

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