

What's Your Mindset Newsletter

from **Helena Radeson - Your Partner to GET YOU WHERE YOU WANT!**



The 6-day goal challenge.

Or: Ready to get where you want to go?

Tired of dreaming, hoping, procrastinating...?

Ready to get where you want to go?

You up for a challenge?

Take the 6-DAY GOAL CHALLENGE and get used to hearing yourself saying YES - I did it! 🌟

This February newsletter is a full write up of the 6-day goal challenge I hosted over www.helenaradeson.com, [LinkedIn](#), [YouTube](#), [Instagram](#), and [TikTok](#) beginning February. Go to www.helenaradeson.com to find all [the videos, the worksheets and YOUR workbook](#) so you can start working intentionally to get where you want to go!

The set-up is easy: Each day takes you through the next crucial step to stop procrastinating and start getting where you want to go.

On Day 6 you'll be equipped with the full recipe for reaching your goal.

After that comes the real fun - IRL practice!

This is the theoretical background to the build up of the 6-DAY GOAL challenge:

The challenge is partially based on WOOP, a science based mental strategy developed by Psychology Professor Gabrielle Oettingen. Visit the webpage [LINK](#) for more in depth.

In a nutshell, WOOP revolutionizes standard goal realization theories by adding radical realism: Planning for what's going to get in the way of you reaching your goal.

When I was introduced to the theory it immediately resonated with me because it was a mirror of what I through my business life have always referred to as 'the pragmatic approach'. I love it. And it works. Win-win.

In my version I add another one of my biggest keys to success in the commercial world: following through from theory to reality. I know from corporate experience and from my current clients that the implementation is where it starts slipping... making me add the ultimate game changer - accountability.

Take the 6-day 'Get where You want to' GOAL challenge! You'll find the videos, the related worksheets and YOUR workbook on www.helenaradeson.com, [LinkedIn](#), [YouTube](#), [Instagram](#), and [TikTok](#).

DAY 1

? Do you know what your goal is?

? What you want to achieve?

? Where you want to go?

Day 1 in the GOAL challenge is about identifying and writing down your goal.

Day 1 answers the question WHAT (do I want)?

Three questions to ask yourself to help you figure it out:

1. What do you catch yourself looking at others for and go ...'aaaah I wish I...?'
2. What one thing would you want different by the start of next year?
3. Wheel of Life Exercise – [you'll find the worksheet here.](#)

Write your goal down in **YOUR worksheet.**

If you're having difficulty deciding on or formulating the goal, don't worry, take anything, something easy. Remember that this an exercise, the easier the better. And then, when you've got the hang of it, you can move on the bigger stuff.

DAY 2

? Can you see your goal?

? Can you touch it?

? Can you feel it?

Day 2 in the GOAL challenge focuses on the result of what you want, what the benefit to you will be of having achieved your goal. Remember, there can be more than one benefit, and benefits can look very different: financial, reputation, self-esteem, spiritual, relationships, health, well-being, etc. Find your 'What's in it for me?'

Day 2 answers the question WHY (do I want to get there)?

Exercise to fully integrate the Outcome:

Take a moment, close your eyes, and imagine you are already there where you want to go, and you think to yourself 'YES – I did it!'. Envision it. What does that feel like? What are you wearing? Who's there? Are there any smells? Which colours strike you? Where do you feel it in your body? Try to make it reach both your head and your heart.

Write your vision down in **YOUR worksheet.**

DAY 3

? How are you going to get to your goal?

? What are the steps involved?

? Which activities lead in the right direction?

Day 3 takes you from the fluffy, floaty clouds of your vision right back down to the streets of reality. We're talking about you creating your roadmap.

Day 3 answers the question HOW (am I going to get there)?

Write down the activities that are going to take you to your goal in **YOUR worksheet**.

Real things. Actions. Tangible.

Writing freehand, note taking, mind mapping, scribbling is recommended. It makes you open up your creative channels and lets you ideate intensely and without limitation. Once you feel you've maximised your creative flow, you cut the list down to the top 3-5 activities.

Remember: the activities should lead to your goal!

Once you're settled on your 3-5 activities, make sure they are SMART;

S pecific

M easurable

A chievable

R ealistic

T imely.

You'll find more detail in the **SMART goals checklist**.

DAY 4

What can get in your way?

What could potentially become a blocker to you reaching your goal?

Day 4 focuses not only on seeing the risks that might pop up along the way to your goal, but also on what you can do about them.

Day 4 answers the question: WHAT IF (obstacles show up)?

Assessing potential risks relies on your rational and realistic senses and builds on what you've learnt from past experiences. Use these skills to list all the obstacles that might pop up and get in the way of you reaching your goal.

Obstacles can be internal, self-imposed, so-called limiting beliefs. Those are the ones that you can directly influence yourself.

Obstacles can also be externally imposed on you. These may be out of your immediate control.

List all the potential obstacles. High and low. Be honest!

The more you know them, the better you see their shape and form, the more clear-sighted you can be and the better your risk planning. Freehand writing is the best for opening your creative flow and allowing for open-minded thinking, let it flow onto the paper.

But we're not stopping there. Next step is to make a proper risk plan so that you know what to do when a potential blocker shows up. This is a potential game changer. To the right of each possible risk, write down how you are going to get past it. Think about it as an 'if... then...' plan, so 'if obstacle x pops up then this is my plan, this is what I do'. E.g. 'if I start doubting myself, then I will take a moment and remember how good it will feel once I've reached my goal', or, 'if I feel like eating a chocolate, then I will eat a carrot'.

Write your obstacles and your plan to overcome them down in [YOUR worksheet](#).

DAY 5

? Who do you choose to track your progress?

? To push you?

? To cheer you on?

On DAY 5 in the 6-day GOAL challenge it's time for you to assign your Accountability Partner: The person to make sure that you get down to doing what you said you would!

Day 5 answers the question: Who is your support (to get where you want)?

It's true that it's easy to dream about everything we want to achieve, what we'd like to do, where we'd like to go. What's also true is that a lot of people fail in reaching their goals. The dropout rate is the highest in the implementation phase, when it's time to "start doing, stop dreaming". This is where too many, too often, start postponing, forgetting, finding excuses or in other ways diminishing their wishes and their need for that dream change.

When you're grounded in the previous four steps to go where you want to go, assigning your Accountability Partner is going to be the ultimate game changer.

Your Accountability Partner is the person you turn to when you feel hopeless and on the verge of giving up, but also the one you tell all your victories, big and small. This is the person who is allowed to (even supposed to!) ask you 'How's it going?' without you feeling put in a corner. This is who you turn to for both support and cheer leading.

Name the person! When you have, let them know so they know they have your permission to push and pull! Write your accountability partner into **YOUR worksheet**.

DAY 6

Day 6 is a day for balloons and high fives, for rewards and hoorays, it's a day to celebrate that we've made it all the way!

In this challenge you've gotten the essential building stones for getting where you want to go:

1. WISH – Identify Your Goal
2. OUTCOME – Integrate Your Vision
3. ACTIVITIES – Plan Your Roadmap
4. OBSTACLES – Assess & Plan Your Risks
5. ACCOUNTABILITY – Track Your Progress

These are the steps that one after the other will lead you to where you want to go.

Take a moment to consider these questions:

- Which step was the easiest for you?
- Which was the most of an aha-moment?
- Which one did you not like...?

But hang on, there's one step missing, right? Yes!

Number 6. CELEBRATE - YOU!

This is the step that will set you up for wanting to reach your next goal!

Because ultimately, Day 6 charges you up internally and dares to ask you:

What's next? Where do I want to get to now?

That's it!

You've finished the overview of getting where you want to go!

Make sure you've input everything into **YOUR workbook**, while writing things down you focus and establish a connection between the mind and the body, plus, you'll have something to go back and look at.

Now it's time to apply what you've learnt to reality.

You can do this alone or accompanied. Everybody's different but many of my clients come to me because they realize that working with a professional will deepen and accelerate their journey to get where they want to go. Some come for parts of the journey, others to get support from beginning to end. Send me a note and let's discuss what our journey together could look like.

Thanks for joining the 6-day goal challenge!



HELENA RADESON

PERFORMANCE COACH & CHANGE CONSULTANT

+41 79 284 25 31 | hallo@helenaradeson.com | www.helenaradeson.com

A circular portrait of Helena Radeson, a woman with dark hair, wearing a white shirt and a dark tie, smiling warmly. The background of the card is dark with a faint cityscape and diagonal lines.