



Write your HEALING GOAL

When you have your journal, on page 1, write a paragraph about where you see yourself at the end of the program.

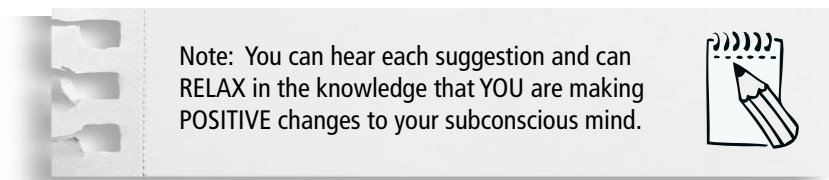
We shall call this your HEALING GOAL. This HEALING GOAL is used in conjunction with the *naked divorce* Break Up Reboot.

This concept of having a big HEALING GOAL is based on a program developed by my ex-husband called the Relaxation for Manifestation which can be found on www.AttractionCD.com. In his program, Bruce talks about how to bring about a goal by creating an inspired outcome using all of your five senses.

1. Choose a very specific HEALING GOAL that you will work with on a daily basis. Make sure that this goal is something that is really important and meaningful to you. It should make you feel good imagining yourself having achieved that goal.
2. Create a picture in your mind's eye that would indicate to you that your goal has already been accomplished. For example, if your goal is to heal from your past relationship and be even better off than you were before, your inspiring outcome might be that you are walking down the street, your head held high, looking gorgeous and feeling empowered, amazing, light and free. Your ex walks past you and calls your name. You wave and feel grateful and inspired. There is no worry or angst remaining as you go over to say hello. Your inspiring outcome is the end result. (You don't have to have your ex in your goal, this is just an example).
3. To find your inspiring outcome, ask yourself the following three questions:
 - a. "How would I know that my goal had been accomplished?"
 - b. "Where would I be and what would I be doing when my goal has been accomplished?"
 - c. "What will I see, hear, and feel when my goal has been accomplished that will indicate to me that my goal is realized?"
4. Write out your HEALING GOAL describing in exact detail what you will see, hear, feel (emotionally and physically), taste and smell when your goal is complete.
5. Listen to your complimentary *naked divorce* Break Up Reboot program as often as you like, imagining the same goal for at least 21 days consecutively. Make sure you will not be disturbed while you listen to the program.

The *naked divorce* Break Up Reboot contains powerful suggestions specifically designed to gently suggest powerful affirmations to your subconscious mind. As you listen you'll hear dual voice commands at one particular point in the recording (two

very different voices, one in each ear), a powerful tool, which distracts the conscious mind whilst your unconscious mind is supported in making positive changes.



Express your goal in all five senses:


- V - Visual (sight)
- A - Auditory (sound)
- K - Kinesthetic (feeling, both touch and emotion)
- G - Gustatory (taste)
- O - Olfactory (smell)

As your mind experiences reality, it filters reality through your five senses i.e. it receives input from what you are seeing, hearing, feeling, tasting and smelling.

The purpose of listening to the *naked divorce* Break Up Reboot, is to help you imagine your HEALING GOAL using the five senses.

Research shows that when you use your imagination like this, you can create an imagined experience so real that your mind cannot tell the difference between your imagined experience and reality. When this happens and your mind believes that your imagined experience is actually real, chemical reactions take place in your brain, effectively storing your imagined experience into your memory banks as if it were a real memory.

As you repeat this process of imagining using the *naked divorce* Break Up Reboot over time, you can program new false memories into your mind. Your mind can then use these false memories as the basis for creating your reality. The end result of all this is that you can begin to think, feel and behave in new, more productive ways that will lead you closer to your goals. New ways of thinking, feeling and behaving have you attract new opportunities and resources into your life to help bring your dreams and goals into reality.



Note: Before you program your mind, it is important to get specific about what you want to program your mind with. Fill in your HEALING GOAL using single words or short phrases. An example of what a completed HEALING GOAL looks like can be found on the next page.



Example HEALING GOAL

Imagine that your inspired outcome for realizing your perfect HEALING GOAL is to see yourself dancing and looking incredible and being adored by all the men around you. You feel amazing! Here is an example of what you might write down describing your HEALING GOAL.

Visual: (sight)

Flashing lights, bodies moving to the music, smiling people, arms up in the air, catch reflection of myself in the mirror looking amazing, gorgeous guys smiling at me and making motions towards me, champagne in tall glass...

Auditory: (hearing)

Hearing the music, glasses clanking together, murmuring of voices, laughing, guy asking me to dance etc...

Kinesthetic: (touch)

Cold champagne in hand, feel warmth of a body next to mine, the touch of the fabric against my skin etc...

Kinesthetic: (emotions)

Happy, contented, empowered, at peace, warm heart, excited, peaceful, grateful, appreciative, joy, mind quiet etc...

Gustatory: (taste)

Salty as I lick my lips, champagne etc...

Olfactory: (smell)

Champagne, after-shave etc...

VAKGO sensory elements

To help you extract the VAKGO information from your HEALING GOAL, I have included a list of some sensory elements that make up each of your five senses.

If you find yourself having difficulty creating some of the sensory information in your HEALING GOAL, go through the list below for the particular sense that you are working on, and see if it jogs your imagination.

Visual elements:

- Objects
- People
- Shape
- Size – big / small
- Color
- Brightness
- Contrast – light / shade
- Texture

Auditory elements:

- Volume – loud / soft
- Distance – near / far
- Quality – clear / distorted
- Background sounds

Kinesthetic (touch) elements:

- Temperature – hot / cold
- Wind / water / rain against skin?
- Texture and pressure
- Clothing – how your clothes feel against your skin.
- Are you holding anything in your hands? / Are you touching anything?
- Are you sitting or lying down – if so, what does that feel like?
- Movement and posture

Kinesthetic (emotional) elements:

- Emotional quality – e.g. joy, excitement, pride, gratitude etc...
- Intensity – strong / weak
- Location in your body – e.g. heart area, solar plexus area, head area.

Gustatory elements:

Texture

Intensity of taste

Hot / cold

Sweet / sour / salty

Olfactory elements:

Pungency / intensity of smell

Smells good / bad

Distance – close / far

MY HEALING GOAL

Date:

My HEALING GOAL is (no more than a simple paragraph):

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My inspired outcome is...
(write one or two sentences summarizing your outcome):

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Visual (sight)

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Auditory (hearing)

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Kinesthetic (touch)

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Kinesthetic (emotions)

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Gustatory (taste)

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Olfactory (smell)

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