

THE ACTIVITY

Staying Focused to Reach our Goals - Business Collectives Meeting

To increase motivation when pursuing your goal, have regular meetings, where you take the time to discuss the following:

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QUESTIONS TO INCREASE MOTIVATION



What rules or beliefs have we created that could limit our ability to pursue our goal?



Do we have any negative thoughts that hinder us in pursuing our goal?



Are there any recurring narratives, that disempower us?



What unnecessary assumptions do we make about committing to our goal?



What kind of cultural habits or rules hold us back?



Do we value something that contradicts what we want?



Do we have any experience with past failures with important goals?



How does this limit us, and does this create barriers to achieving our goal?



Sometimes the power of negative thoughts and beliefs can hold us back from getting closer to or reaching our goal. To help you stay on track, ask yourselves the following questions:

OVERCOMING YOUR BARRIERS

Think of a situation in your past, where something similar has already been achieved



What attitudes, ways of thinking, and mind-sets do you think made this possible?

What other significant achievements or success stories can you think of?



How did you stick to your plans in other/similar situations?

How can you help each other apply motivational and disciplinary actions to your habits?

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THE THEORY

To increase motivation when pursuing your goal, have regular meetings, where you take the time to discuss the following:

1. What rules or beliefs have we created that could limit our ability to pursue our goal?
2. Do we have any negative thoughts that hinder us in pursuing our goal?
3. Are there any recurring stories, narratives that we tell ourselves over and over, that disempower us?
4. What unnecessary assumptions do we make about achieving and committing to our goal?
5. What kind of cultural habits or rules hold us back?
6. Do we value something that contradicts what we want?
7. Do we have any experience with past failures with important goals?
8. How does this limit us, and do they create barriers to achieving our goal?

We want to make sure the barriers don't stop us from reaching our goal. The biggest challenge is creating within you a mindset which drives you to find solutions. But if we are held back by our own beliefs that something will not be possible, then overcoming limiting beliefs is central. This requires that you and your team find and create new, shared empowering beliefs that you can use to support each other.

It's not easy, but it can be done! This is one way to do it. Sit back down with your team and follow the instructions below.

When you have located your barriers, what could be the positive way of dealing with them?

- Think of a situation in your past, where something similar has already been achieved... What attitudes, ways of thinking and mind-sets do you think made this possible?
- What other significant achievements or success stories can you think of?
- How did you stick to your plans in other situations?
- How can you help each other apply motivational and disciplinary actions to your habits?

Developed by our organizations

