



SIX STEPS TO REACH ANY GOAL

Jill Garaffa, MS, OTR/L, CPC, ELI-MP

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1 CLARITY: Know What You Want

The #1 reason most people don't have what they want is because they don't know what they really want. Or more specifically, they can think they want something because there is a belief around it (like they are supposed to want it because that's what "everyone else" is doing, but it isn't resonating with them).

- Really give thought and contemplation to what you want. And even if you don't quite know what that is in this moment, it's good to get clear what you **don't want!**
- There is a direction that you are being pulled—move in that direction & don't question or resist it. When there are rocks or obstacles—internal or external—trust that if you are connected to that source energy and you will find a new way.
- Sometimes you need to move through, over, or around an obstacle. **But rarely do you need to be completely stopped by it.**

If you don't have what you want, consider that you have not fully clarified what you want or something about it doesn't resonate deep down with your true self.

2 COMMIT to Your Goal

Make the decision to go after the thing that you want & be willing to go through whatever you need to go through to get it. **Become unstoppable.**

THE DIFFERENCE BETWEEN A GOAL & A COMMITMENT:

- A **goal** is outside of you—something you are reaching & striving for—somewhere to get. There will be challenges or obstacles on the path. There can be long term goals & short-term goals.
- A **commitment** is inside of you—the thing that drives you & moves you forward. Commitment is about motivation & willingness, connected deeply to your beliefs & values when they are in alignment with what you want. When you commit, there are *no more excuses*.

If you don't have what you want, consider that you may have not fully committed to it yet.

The person who really wants something will

FIND A WAY.



The person who does not will

FIND AN EXCUSE.

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3 BE WILLING to be Uncomfortable

Awkwardness, insecurity, vulnerability, being bad at something, making mistakes—
this is all part of the process.

- Don't give up.
- You must be willing to go through the pain & discomfort called “growth.”
- Avoiding the pain & discomfort will keep you stuck for years.
- Face it. Press into it. Break through it. The process of change is just that: **a process.**

If you don't have what you want, consider that you may be avoiding the pain & discomfort of being vulnerable or uncomfortable.

4 CREATE A SYSTEM for Support & Success

Some roads in life were not meant to be walked alone.

- Some things we can do ourselves & need to do ourselves. For other things, we need other people. (When you move, you can carry the lamps, small boxes, pillows, etc. But you need skilled professionals to carry the bigger & heavier things like the entertainment center, couch, bed, etc.)
- This concept is true when we are trying to achieve a big goal in life. The more people you have surrounding you to achieve your goal, the greater your chance of success.
- Support systems to consider: classes, coaches, support groups, & accountability partners

If you don't have what you want, consider that you have not yet asked for support or set up an effective system for support.

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5 PAY the Price

Invest in yourself to have what you want.

- There will always be some kind of sacrifice involved when we truly commit to reaching a goal (time, energy, money, freedom, comfort, etc.)
- We live in a sowing/reaping world. If you plant tomato seeds and nurture the garden, tomatoes come up. If you don't plant the seeds or you plant the seeds but then ignore them, nothing happens.
- You must pay a price by putting in the effort, time, energy, & often money to have what you want.

If you don't have what you want, consider that you may have patterns of inconsistency around paying the price to have what you want.

6 EMBRACE the New You

There is a skill set involved not only in achieving your goal, but also to maintaining your success when you reach your goal.

- The final step is an ultimate transformation. You are quite literally not the same person that you were when you started.
- The final step is really standing in and taking ownership of the person you have become on the journey. If you don't **embrace** the new you & **own** the new you, then it is a slippery slope to slide back into the old you.
- This is the reason people lose weight and then gain it all back, or start a new business that doesn't get off the ground, or get into a committed relationship and then sabotage it.

If you don't have what you want, consider that you may be hanging on to your old identity of who have always been & not embracing your new identity of the person you are becoming.

**Jill Garaffa, MS, OTR/L,
CPC, ELI-MP is a NJ
licensed occupational
therapist & professional
certified life coach that
has been in practice for
over 27 years.**



Through combining the science of occupational therapy with the art of life coaching, Jill is able to produce breakthrough results for her clients in areas of life that matter to them. Jill's primary focus with clients is on creating a powerful mindset which enhances the quality of life in the areas of career, relationships, and health.

As an Occupational Therapist & Life Coach, Jill specializes in the "Invisible Activities of Daily Living" such as managing the thoughts, beliefs, language, values, & motivation that can either increase or decrease our quality of life.

Jill's style of coaching is gentle, insightful, & encouraging. Her support & guidance inspire natural action that promotes sustainable change.

Jill has coached clients from all over the world, in five different time zones, spanning from the United States to the United Kingdom. Her clients have included high-level corporate executives, physicians, therapists, nurses, other healthcare professionals, entrepreneurs, business owners, stay-at-home moms, 20-something millennials, retirees, & college students. In addition to working with both personal & corporate clients, Jill is a published author & keynote speaker. She conducts on-site trainings & community wellness programs to support clients with managing stress & emotions, improving teamwork & elevating communication.

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If you find yourself caught in any one of the stages in the process of reaching your goal, consider contacting Jill Garaffa at **Seeds of Change Health & Wellness Coaching, LLC.**

A two-week trial is a \$99 investment that will allow you to experience how the coaching process may work for your specific situation. A two-week trial includes 90 minutes of personal coaching and unlimited text & email.

Once the trial is complete if you would like to continue, there are several packages available, from 1 month to 1 year, depending on your goals.

Contact Seeds of Change Health & Wellness Coaching, LLC when you are ready to begin.

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