

# How to Use *Pain* to Achieve Your Goals!

Think about a goal you really want to achieve. Think really hard about it.

Once you've got the idea of the goal strong in your mind, I want you to think about exactly how you'd feel and what would happen if you don't achieve that goal.

What would it cost you? What would you miss out on if you didn't achieve that goal? What pain and suffering would you feel? Think very carefully and with as much detail as possible; the idea is to get clear on the repercussions, maybe even a little worked up, and actually feel the pain of not achieving the goal.

**1 year from now?**

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**5 years from now?**

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**10 years from now?**

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**25+ years from now?**

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