

## IMPOSSIBLE GOALS IN THE NEW YEAR

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Now that we have decided to approach the New Year's goals from a place of mindfulness, let's talk about these specific goals.

So often people get caught up in perfectionism around goals that **they don't even attempt to achieve their goals because they are afraid of trying and failing.**

But that's basically **failing ahead of time.**

The brain wants to keep you safe so it finds all the reasons why it's a bad idea to accomplish the goal.

**One way to short circuit your brain is to focus on impossible goals.**

But what exactly is an impossible goal?

**I think of an impossible goal as a goal that sparks your imagination. One that allows you to dream. But, also a goal that your mind does not believe will come true within a one year period of time.**



Your brain says it will never happen and you just agree with your brain. AND...you go for it anyway.

your brain believes there is no way and you just let it think that.

You say "yes, I know the goal is impossible, so don't worry about it. and I'm going to go for it anyway."

**Acknowledging that the goal is impossible alleviates a lot of the stress.**

It helps you to understand that it's not going to be perfect. It's actually going to be pretty messy.

Usually when you are dealing with an impossible goal, there is a string of failures between you and achieving your goal. This is normal, this is actually reality.

Very rarely if ever is a goal achieved on the first attempt. I want to make it clear that **the path to your goal achievement is usually messy and full of failures...and that's ok.**

It's the same way with goals around sexual intimacy.



So let's talk about **your impossible goal as it relates to your sexual intimacy.**

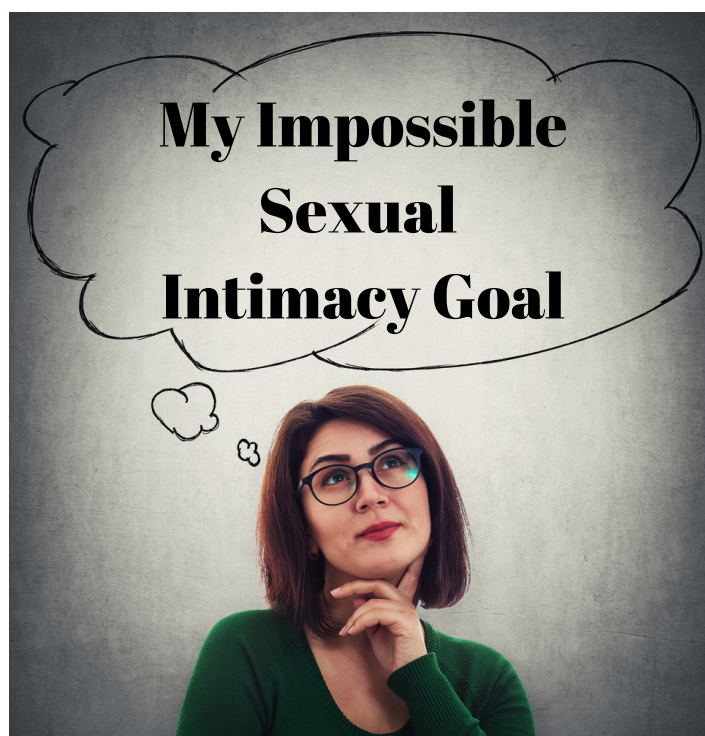
Maybe your goal is to increase the sexual intimacy in your relationship or perhaps **Initiating sex 52 times in the new year.**

Maybe it's to have a **more open communication with your partner.**

Perhaps your goal is to have **20 intimacy dates with yourself over the year.**

Maybe it's to **process through all the thoughts that are blocking you from buying sex toys on line.**

Now it's your turn...



What are some sexual intimacy goals that you are considering for this year?

Which one of these potential goals would rock your world if you accomplished it? Which one would you consider amazing, but impossible?

What would it feel like to have accomplished this goal?

Are you willing to fail again and again in the pursuit of your sexual intimacy goal this year?

