

Here are the materials that you will need in your SPIRITUAL OPTION practice. They are all here in separate printable PDF file (SPIRITUAL OPTION E-workshop is not printable).

You might want to have practical processes printed, in order to ease your work.

This file contains:

- EMT process (p. 28 in E-workshop).
- Materials for setting and testing your initial goal.
- *EMT for GOALS* process, for dealing with inner conflicts related to your goal (chapter 10, p.54 in E-workshop).
- Golden Rules of SPIRITUAL OPTION.
- SPIRITUAL OPTION summery sheet.

PRINTABLE MATERIAL NUMBER 1

PRACTICAL MATERIAL FOR EMT  
(p. 28 in E-workshop)

**I. DESCRIPTION OF A PAST EXPERIENCE**

1. Where are you **located** in this experience? (Write down your answer.)
2. **When** is it happening? (Write down your answer.)
3. Who are **important participants** in this event (whether physically present or not)? (Write down your answer.)
4. **Describe the experience** briefly. (Write it down)
5. **Rate** this experience on a scale of **-10 to +10**. (Write down your rating.)
6. What is the **most troublesome** part of this experience for you? (Write down your answer.)

**II. RECOGNIZING NECESSARY CHANGES IN THE EXPERIENCE**

7. What needs to be **different in that experience** for it to be more acceptable for you? (Write down your answer.)

**III. DESCRIPTION OF THE CHANGED EXPERIENCE**

8. **Write down** this new, changed experience as if it were happening right now.
9. Rate this new (changed) experience on a scale of -10 to +10. (Write down the new rating.)
10. If the new (changed) experience is rated less than 10, go to step 7 again.

**Repeat steps 7-10 until the new experience is perfect (rated 10/10).**

*PRINTABLE MATERIAL NUMBER 2*

## SETTING YOUR INITIAL GOAL

Step 1.

Write down what you want to achieve.

MY GOAL IS: \_\_\_\_\_

\_\_\_\_\_

Step 2.

The next step is to decide about the date by which you want your goal achieved.

I WANT MY GOAL ACHIEVED BY: \_\_\_\_\_

Step 3.

Now that you have it written down, rate the difficulty of your goal.

(How difficult is it for a person like me, with my resources, in a situation like mine to achieve this goal?)

DIFFICULTY (0-10): \_\_\_\_\_

Difficulty = 0 means that you can achieve the goal without any effort, and difficulty 10 that it is impossible goal.

# TESTING YOUR CURRENT INNER STATE

This test has three parts.

1. Optimal state affirmation test
2. Negative personal traits test
3. Final rating

## *OPTIMAL STATE AFFIRMATIONS TEST*

Some states of mind are better suited for achieving your goals than others.

The next set of affirmations covers the most important characteristics of optimal state of mind for achieving one's goals.

### **OPTIMAL STATE AFFIRMATIONS**

1. I am completely determined to achieve this goal by... (The deadline you've set for your goal).
2. Achievement of this goal is quite natural for me.
3. I am completely optimistic about reaching this goal.
4. I am full of enthusiasm for this goal.
5. I know exactly what I must do in the following months to attain my goal.
6. I promptly DO whatever is necessary to achieve my goal.

Test yourself for each of these affirmations.

How true is each of them for you?

Rate each affirmation on a scale of -10 to +10. (-10 = "I am not such a person at all. The complete opposite statement is true for me" and +10 = "This affirmation is 100% true for me.").

## NEGATIVE PERSONAL TRAITS TEST

The second part of this test concerns characteristics you exhibit in the area of our goal.

Ask yourself the following question:

According to my previous behavior, what negative characteristics have I shown in this area in the past? (Which of my personal traits and behaviors blocked me in achieving this goal before?)

### NEGATIVE CHARACTERISTICS

Characteristic 1. \_\_\_\_\_

\_\_\_\_\_

Characteristic 2. \_\_\_\_\_

\_\_\_\_\_

Characteristic 3. \_\_\_\_\_

\_\_\_\_\_

Characteristic 4. \_\_\_\_\_

\_\_\_\_\_

Characteristic 5. \_\_\_\_\_

\_\_\_\_\_

### 3. FINAL RATING

Look at the two previous parts of this test. Imagine that you **don't even know the person who has done them**.

Would a person who has such attitudes and feelings succeed in achieving this goal before that deadline?

#### *Example*

A person feels that (optimal state affirmations part of the test):

- He or she is not completely determined to achieve her goal (**rating +4**).
- The achievement of such goal is not really natural for her (**rating -2**).
- She is moderately optimistic about that goal (**rating +6**).
- She doesn't really know how to achieve it (**rating -7**).
- She usually doesn't promptly take actions that she knows should be taken (**rating-3**).

If that person has shown the following characteristics in the area of the goal in the past (negative personal traits part of the test):

1. Reluctance to confront people, and protect her interests (rating -8).
2. Low self-esteem (rating -2).
3. Procrastination (rating -4).
4. Inability to create a workable plan and stick to it (rating -7).
5. Giving up easily because of the feeling that she doesn't deserve to be super-successful (rating -1).

Her probability of achieving that goal wouldn't be very high.

Now, assess your test.

Look at your optimal state affirmations' ratings and your negative traits list.

What are the chances that the person who's done that test would succeed in achieving her/his life goal before the deadline?

WRITE DOWN ESTIMATED PROBABILITY OF SUCCESS FOR YOUR GOAL:

\_\_\_\_\_ %

PRINTABLE MATERIAL NUMBER 3

EMT for GOALS process (CHAPTER 10, p. 54 in E-workshop)

*RECOGNIZING NEGATIVE PAST EVENTS CONNECTED TO THE GOAL*

1. Pay attention to the **goal** you wish to achieve and the **date** by which you plan to realize it.
2. Are you **sure** that it will really happen like that? *If answer is not a **certain "yes"**, go to the next question.*
3. What negative outcome do you feel will, or could, happen instead?
4. Which of **your past experiences** shows that this negative outcome will (or could) happen?

*EMT (EXPERIENCE MODIFICATION TECHNIQUE)*

5. Where are you **located** in this experience? (Write down your answer.)
6. **When** is it happening? (Write down your answer.)
7. Who are **important participants** in this event (physically present or not)? (Write down your answer.)
8. Describe this experience briefly. (Write it down)
9. **Rate** this experience on a scale of **-10 to 10**. (Write down your rating)
10. What is the **most troublesome** part of this experience for you? (Write down your answer.)

*RECOGNIZING NECESSARY CHANGES IN THE EXPERIENCE*

11. What needs to be **different in that experience** for it to be more acceptable for you? (Write down your answer.)

*DESCRIPTION OF THE CHANGED EXPERIENCE*

12. **Write down** this new, changed experience **as if it were happening right now**.
13. **Rate** the new (changed) experience on a scale of **-10 to 10**. (Write down your answer.)
14. If the new (changed) experience is rated less than 10, go again to step 11. Repeat steps 11-15 until the new experience is perfect (rated 10/10).

When it is perfect (10/10), return to the beginning of the process. (**Identifying the next negative experience connected to the goal.**) **Continue** doing this process **again and again** until you feel that **you will** definitely achieve your goal.

PRINTABLE MATERIAL NUMBER 4

GOLDEN RULES OF SPIRITUAL OPTION

1. There is **only one way to fail** to achieve your goal. THE ONLY WAY TO FAIL TO ACHIEVE ANY GOAL IS TO QUIT.
2. Forget about your abstract goal. Work with the **GOAL ACHIEVEMENT EXPERIENCE** (GAE) instead.
3. The **easiest way** to achieve your goal is to COMPLETE THE REWRITING EXERCISE!
4. **TAKE ACTION!!!**
5. FAILURE DOESN'T EXIST. It's just a corrective feedback of the material world that helps you to **change your behavior**.
6. Check out the *Individual Practice Program* **daily** (even if you can't do all exercises).



## SPIRITUAL OPTION SUMMARY SHEET

After choosing your goal and the deadline for its achievement, SPIRITUAL OPTION practical work consists of five main steps:

Step One: Deal with the inner conflicts connected to your goal. (EMT for GOALS process from chapter 10).

Step Two: Create GAE (Goal Achievement Experience) and make it 10/10.

Step Three: Create BCS (Best Case Scenario) and LA (List of Actions) for achievement of your goal.

Step Four: Copy/Rewrite your GAE text 101 times

Step Five: Practice SPIRITUAL OPTION according to Individual Practice Program until achievement and **take actions** in material world from your LA (List of Actions).

In addition to the five steps above, there are a number of supporting techniques:

- i) Distribute your Goal Declaration to the people whose opinion is important for you.
- ii) Stick to the 6 Golden Rules
- iii) Use the BE-DO-HAVE sequence for clearing inner conflict connected with your personal characteristics (*CHAPTER 14*) or actions you'll need to take (*CHAPTER 18*).
- iv) Using the current state test as a self-development tool (*CHAPTER 15*)
- v) Process imaginary future failure (*CHAPTER 24*)