Goal Balancing: A Psychological Protocol

Class Transcript Summary & Study Guide

Introduction: What Is Goal Balancing?

Goal balancing is a psychological procedure that combines muscle testing, emotional clearing, belief work, and visualization to help align your subconscious mind with a stated goal. The process elevates consciousness and clears blockages that prevent goals from manifesting. Each technique used within the protocol is a standalone balancing procedure that can also be used independently.

Instructor's Example: Before presenting at a Tony Robbins Life Mastery event in Hawaii, John performed a goal balance for having a great presentation. Tony Robbins told him afterward it was exactly what he wanted — demonstrating how balancing can shift energy and frequency before a high-stakes performance.

The Goal Balancing Protocol: Step by Step

Step 1: Formulate a SMARTER Goal

State the goal in the **positive** — focus on what you want, not what you want to avoid.

Use the **SMARTER** framework:

- **S** — Specific
- **M** — Measurable (you can clearly see whether you've achieved it)
- **A** — Achievable (a stretch, but realistic)
- **R** — Relevant (aligned with your life mission and purpose)
- **T** — Time-bound (attach a deadline)
- **E** — Energizing
- **R** — Relevant to your mission statement and six-month goals

Important language tip: Do not begin with "I would like" — this weakens the intention. Instead, start with "**I create**" or "**I have.**"

Example from class: Michael's initial statement was vague and fear-based (focused on paying off a mortgage). It was reframed to:

"*I create $150,000 USD in income within two years, in a way that is consistent with my values and ethics*."

Step 2: Rate Your Confidence Level

Before beginning the balance, rate your confidence in achieving the goal on a scale of **1 to 10** (10 being highest). This gives a baseline to measure the effect of the balance afterward.

Michael's result: Started at a **4 out of 10.**

Step 3: Pre-Checks

Establish a strong indicator muscle and verify the body is ready for testing:

1. **Hair pull** — checks hydration
2. **Touch the switching points:**
    - Kidney 27s
    - Central governing point
    - Tailbone

Correct any switching or hydration issues before proceeding.

Step 4: Identify the Emotion Blocking the Goal

Think about the goal while the practitioner screens through the meridian emotional categories:

- Fire, Earth, Metal, Water, Wood, Central/Governing

The indicator muscle goes weak when the relevant emotion is identified.

Michael's result: The **Water** meridian came up, indicating **fear and anxiety.**

Exploration exercise: Once the emotion is identified, ask the student/client:

- Where do you feel it in your body?
- What are you telling yourself?
- How does this emotion relate to your goal?

Michael's insight: He identified a fear of returning to poverty — looking in the "rear view mirror" at past experiences of financial loss.

Key reframe offered: "*The past does not equal the future*." (Tony Robbins) Simply becoming aware of the anxiety can begin to dissolve it.

Step 5: Clear Psychological Reversals

Psychological reversals are subconscious blocks that prevent the goal from manifesting. Test whether they need to be cleared before proceeding.

The Clearing Procedure:

Work through each reversal statement. If a statement tests **weak**, it needs to be cleared using **karate-chop point tapping** while stating the acceptance affirmation.

Standard format for clearing:

"*I deeply and completely love and accept myself, even if I [reversal statement]*."

Repeat **three times** with deep breathing and feeling.

Then retest the positive version of the statement.

Reversal statements worked through in class:

Statement	Result
"I will no longer have this challenge in the future."	Tested weak — cleared
"I deserve to get over this challenge."	Tested strong
"I want to overcome this challenge."	Tested strong
"It's possible for me to get over this challenge."	Tested weak — cleared
"I allow myself to get over this challenge."	Tested strong after clearing
"Overcoming this challenge will be safe for me."	Tested strong
"Overcoming this challenge will be safe for others."	Tested strong
"Overcoming this challenge will be good for me."	Tested strong
"Overcoming this challenge will be good for others."	Tested strong
"I will do what's necessary to overcome this challenge."	Tested strong

Step 6: Select and Apply a Balancing Procedure

Use muscle testing to identify which column and technique is most appropriate. Techniques are drawn from the manual.

Test column by column (left, middle, right) to find where the needed procedure lives, then narrow down within that column.

Techniques available include (middle column examples):

- Transformational Vocabulary
- Affirmation Technique
- Belief Technique

Technique A: The Belief Technique

Used when a limiting belief is identified at an alarm point.

Steps:

1. Have the client **hum** out loud, then **count** out loud — this identifies midline involvement.
2. Touch through the alarm points: Central, Governing, Circulation/Sex, Heart (between the nipples), bottom of the xiphoid process, and Stomach.
3. Identify the specific belief statement from the manual list.
4. Test the **positive** belief statement — if weak, clear it.
5. Test the **negative** belief statement — should test weakly confirm the block.

Clearing procedure:

- **Temporal tap** (around the ear) while stating the positive affirmation **three times with eyes open**, then **three times with eyes closed**, with conviction.
- Rotate the eyes while tapping and stating the affirmation.
- The practitioner holds the relevant alarm point during this process.
- Extend arms out to the sides, then slowly bring them in to the chest with eyes closed, feeling the whole being integrating the new belief.
- Breathe deeply as the new belief is absorbed.
- Retest: state the negative belief (should now test strong/neutral), then state the positive belief (should now test strong).

Belief statement used for Michael:

Positive: "I am happy and content to be me. All my needs are always satisfied." Negative (to clear): "My needs are never satisfied."

Michael's result: After the procedure, he reported feeling ease and noticeably less tension, particularly on the right side. He described a shift from anxiety to peace: "*It's not something that's complex to work out and work through*."

Technique B: Transformational Vocabulary

Used when the language a client uses about their goal keeps them stuck.

Steps:

1. Ask the client to talk about pursuing their goal.
2. Listen carefully for limiting words.
3. Identify the key limiting word.
4. Explore whether a reframe is possible within the real circumstances.
5. Offer a replacement word or phrase that empowers rather than victimizes.
6. Have the client **write down** the new statement — this seals the shift.

Michael's example:

- Limiting word: **"Exploitative"** (describing the economic environment)
- Reframe: Shifting from "I am exploited" (held down, victim) to "it is challenging" (something that can be risen above)
- New statement: "*Even in this challenging environment, I can find ways to be more productive and efficient with income*."

Key principle: When you say you are exploited, you are held down. When you say it is challenging, you can rise above it.

Step 7: Test Whether Further Balancing Is Needed

After completing each technique, test: "*Further balancing is needed for this goal*."

- If **yes**, return to Step 6 and identify the next technique needed.
- If **no,** proceed to Step 8.

For Michael, one additional technique (Transformational Vocabulary) was needed after the Belief Technique to complete the balance.

Step 8: Future Pacing — The Visualization Questions

This step uses the **frontal eminence stress release points** (held lightly on the forehead) to create a blueprint for success in the prefrontal cortex.

Ask the client to hold their forehead points and, with eyes open or closed, answer the following questions while feeling the emotions fully:

Question 1: How will it feel to achieve your goal?

Question 2: How will your life be different?

Question 3: What emotions arise? (Relief? Satisfaction? Excitement?)

Instruct the client to:

- Breathe the feelings in deeply
- Visualize their life with the goal manifested
- See the specific details — leisure, family, travel, clients

Question 4: How will others' lives be different?

Michael's experience: He described feeling relief as his dominant emotion, a sense that his environment finally supported him. For his clients, he visualized "*opening a big white door for them to step into a new world*."

Step 9: Design the Home Program

Test whether a home program is needed and for how long.

Ask the client what from the session felt most impactful and would be worth repeating daily.

Test:

- Is a home program needed? Yes/No
- Once a day? Twice a day?
- For one week? Two weeks? One month? Six weeks?

Recommended structure — The Morning Miracle (SAVERS):

Letter	Practice
S	Silence (even 30 seconds of slow, deep breathing)
A	Affirmation (tap in the goal statement with conviction)
V	Visualization (see the goal manifested, feel all the emotions)
E	Exercise
R	Reading
S	Scribing

Even just **SAV** (Silence, Affirmation, Visualization) for **two minutes** each morning is highly effective.

Michael's home program: Daily visualization for approximately **six weeks**, incorporated into a morning routine.

Key principle: "*Where focus goes, energy flows*."

Step 10: Assess the Effects and Schedule Follow-Up

Reassess confidence level: Ask the client to rate their confidence on the same 1–10 scale used at the start.

Retest the emotion: The original emotion (e.g., anxiety) should no longer test weak.

Restate the goal: Test that the goal now tests **strong.**

Schedule a follow-up: Test whether another session is needed and, if so, within what timeframe (one week, two weeks, three weeks).

Michael's results:

- Confidence level: rose from **4 to 10**
- Anxiety on the goal: **no longer tested weak**
- Goal statement: **tested strong**
- Follow-up recommended: within **three weeks**
- Michael's reflection: "*At the start, it felt very dense. With the visualization and the vocabulary shift, my whole body relaxed, and I got my focus back*."

Additional Technique: The Tapping Protocol for Phobias and Major Stressors

This is a standalone protocol particularly effective for phobias and major stressors. It is similar to Emotional Freedom Technique (EFT) but simplified:

1. Identify the single point (out of all available tapping points) that is most needed.
2. Clear it in **both hemispheres** of the brain.

Students have reported phenomenal results with this approach.

Class Results Summary

Student	Goal	Starting Confidence	Ending Confidence	Key Shift
Michael	Create $150,000 in 2 years consistent with values	4/10	10/10	Anxiety cleared; limiting vocabulary ("exploitative") reframed to "challenging environment"
Lori	Creating her memoir	50%	~100%	Fear of success identified and worked through
Jill	100 new membership students by year end	Not stated	Goal expanded to 200 students	Goal doubled spontaneously after the session
Tiffany	Personal goal (details private)	Not stated	Positive shift reported	Learned it is okay to scale back a daunting goal and build from smaller steps; incorporated neurotransmitter work

Key Principles to Remember

On goal language: Begin goals with "I create" or "I have" rather than "I would like."

On fear: Most people fear success as much as failure. As Marianne Williamson wrote, it is often our fear of our own greatness that holds us back.

In the past, Anxiety often lived in the rear-view mirror. The past does not equal the future.

On happiness: Tony Robbins: "*Happily achieve, rather than achieve to be happy.*" Be happy first, then pursue the goal.

On overwhelm: If a goal feels insurmountable, dial it back to something that still stretches you but does not paralyze you. You can build toward the larger goal from there.

On accountability: Finding a weekly accountability partner and asking "What am I going to build this week?" is one of the most powerful ways to manifest goals over time.

On the sessions themselves: Much of the value in a goal-balancing session comes not from the techniques alone but from the conversation — letting the client talk, discover, and uncover what is truly buried beneath the surface.

Practice Recommendations for Students

- Connect with a practice partner via the WhatsApp group
- Schedule remote balancing sessions with each other
- Use the goal sheet (provided next week) as an abbreviated reference during sessions
- Begin your own Morning Miracle routine incorporating SAV daily
- Prepare for certification: each student will conduct a session with John