

Wisdom for Wednesday

Positive messages for daily living. Pass on the good feeling – forward this to your clients so they can reap the benefits as well.

Defining Goals ...

First you have to dream it

We all dream – some of riches or success, travel, or simply spending more time with loved ones – usually we dream of attaining whatever we currently lack. Whatever the dream it can be a reality, but as the old saying goes: *‘You cannot plan for success without a plan!’*

The longest journey begins with the first step – putting your goals down on paper. Until then your wishes are just loose thoughts with no power – once they have been given form they take on their own momentum. Make sure you have a few hours’ spare time, preferably when you know you will not be interrupted. Grab a pen and a coffee (or better still a glass of wine) put on some relaxing background music (classical is good for stimulating the brain) and make yourself comfortable.

Then you conceive it

Before you write anything down, test it for veracity by aligning it with your life purpose. It also helps if you can clearly differentiate between needs (basic necessities) and wants (the embellishments of your life); it’s important to be realistic BUT even more important to be able to dream. So, to get you started, let’s visit your dreams. Review the following statements independently and with no but’s, what-if’s or can’t’s (no negatives at all) write your response.

1. Identify the most important areas of your life and the people who define them (i.e. relationships, lifestyle, job, health).
2. If I could grant you just 3 wishes, what would you ask for?
3. If you could design your ideal lifestyle, what it would look like?
4. What is your personal definition of success - what do you consider ‘success’ to mean?
5. Name 3 places you want to travel to – and what you would do there.
6. At work – what would you most like to achieve? And how would you measure it?

For a reality check, respond honestly to each of the questions listed below – consider the pros and cons and possible long-term outcomes. By checking each goal against these points, you will be sure they are not clashing with any other areas of your life which would prevent you from achieving it.

- Is this something I truly want to have in my life?
- Will my partner and/or family be supportive of this decision?
- Will it benefit me and everyone I come into contact with?
- Does the goal go against any personal or religious beliefs I have?
- Does it meet my values and ultimately complement my life purpose?
- Am I prepared (if required) to make sacrifices in other areas of my life to achieve this?

Now on a clean sheet of paper write down your goals. Once defined, share them with those you trust and you add another dimension by giving them verbal energy - stated out loud, dreams gather momentum and move from an unformed wish towards reality. ***And pin it down:*** Date it and file it somewhere readily accessible (even better, put it up on the wall). Refer to it frequently – at least monthly to review, but also whenever you need motivation.

Remember: *If you can dream it and believe it, you can conceive it and achieve it.*

Lynette Davies