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GOALS - Why it is so important to have them

As human beings, it is our second nature to move towards a goal or a final destination. By not setting goals for ourselves, we will not know what it could be like to live a life of our dreams. We will be living life in a pale shadow of what it can be and we will stand still for the rest of our lives. We need to set new or revise old goals throughout our life, for goals are the building blocks of success and the single most important factor in achieving success. Challenging goals push your boundaries to levels that enable you to acknowledge the fact that there is more to life than what you can consciously perceive with your five senses and you will tap into that unending potential that lies dormant in all of us. Not only does it help us to accomplish bigger and better things, but we will be taking steps towards personal development and becoming a better person.

Setting a goal is the easy part, because the difficulty lies in staying motivated to do what it takes to achieve your goal. Once your new vision does not match your current reality, tension and anxiety starts building up inside you. You start thinking that this goal is just too big for you and you get frightened by it. This is usually the stage where your mind gives you a million and one reasons why this could not work. In the end the constant onslaught of your negative self-talk leaves you exhausted and drained and all you want to do is just to go back to your comfort zone. We are so imprisoned by the self-imposed limitations we set for ourselves that stems from our negative beliefs, our own negative self-talk and the negative talk of others that it becomes difficult to achieve our goal.

Real and lasting change is a process that takes time. It starts from the inside. When you fix your internal world, your outer world will follow suit. Know what you want and be clear about it. The best place to start is to do some soul searching for answers. Do you know who you are and why you exist? Have you ever asked yourself what am I contributing to my world or where am I going? Focus on what you want to be, do and have. Because knowing who you are and what you want to be will determine what you have to do to achieve this. Giving your life purpose some thought will assist you to set clear goals for a more balanced and meaningful life.

The fear and anxiety you experience once you set a challenging goal is the dissonance which results from the gap that has now formed between your new mental picture of what you want and the way you perceive your present situation (your current reality). The subconscious mind will do whatever you tell it to do. At first this might be contradicting, but with the use of daily positive affirmations your subconscious will start believing it and the dissonance will disappear as soon as your vision becomes your current reality.

We think in words, pictures or images, emotion and feelings. For your subconscious to believe you, you need to be absolutely convincing and clear on what you want. Your goal must start in your imagination and you must envision it vividly with emotion and feeling using all five your senses, even before it occurs. Then, by using daily positive affirmations (words) that you have already achieved the goal, you strengthen the goal.

Due to most of us being born and raised with a limited image of what is possible, and especially what we are capable of achieving ourselves, the greatest stumbling block standing in our way of achieving our goals are our negative beliefs we have about ourselves and situations. Change does not happen overnight. It took a long time for your current belief systems to settle themselves deeply in your subconscious. Be patient with yourself until your new positive beliefs that serve your goal are overriding your current belief systems. Never underestimate the power of your negative beliefs and keep a close watch on them and the type of conversations you have with yourself and others until you are out of the danger zone. So what are you waiting for? Dream big and be all that you can be - dreams are merely goals with deadlines!