



Goal setting – what do you want in life?

If you want to achieve a level of happiness and abundance in your life you need a set direction to follow. This theory makes goal setting absolutely crucial as a simple and effective form of motivation. *Jon-Michail* of Image Group International reports

The act of goal setting, I'm convinced, is actually the critical catalyst for achieving a result. It can therefore have a profound influence on your life. It is worth starting the process and adhering to the principles to make your dreams your reality.

Goal setting is the difference between wishful thinking and actually getting on in life. Setting very concrete, structured, focused goals in a planned way will lead you to success.

Process of setting goals

To progress from wishful thinking to achieving goals you need to give yourself time to think through the process of setting goals. By giving yourself time you create an environment where you can filter or sift through your thinking. This way, you will be able to delineate between what is just a fleeting desire or a whim versus an important goal and a life-long dream, and these can be broken down into a structured process.

At this point you need to give yourself time, so that you sit down and acknowledge your dreams and goals within particular areas.

By setting goals for yourself you'll notice that you become more focused, more clear about what you wish to achieve in your future, without becoming obsessive about it.

Through this focus of setting goals you generate a level of anticipation of what the future holds for you. That in itself creates energy – when you wake up in the morning, you wake up with the anticipation of what you wish to achieve and focus on rather

than the lethargy of saying: 'I don't know what's wrong, I've got a problem but I can't see what I have to tackle.' You can drift in a sea of unfocused lethargy or you can enjoy each new day electrified by the energy that comes through strategic goal setting. Don't just write goals down, collect visuals as well, photos, newspaper articles, advertisements etc.

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All the noted management gurus and the autobiographies of countless famous people mention the importance of goal setting, whether it's Anthony Robbins, Tom Peters, Bill Gates, or Mother Teresa. To begin this process you need to understand why it is vital to your success to set goals.

How does effective goal setting work?

There are many explanations on why setting goals actually works. One approach that I quite like is that we know via quantum physics that we live in a physical universe and the fundamental building block of this physical world is, in fact, energy. If you look at Einstein's famous formula $E=mc^2$, you'll find that the 'E' equals energy and the 'm' is mass and 'c' is the speed of light. Therefore, every piece of matter is in fact just a bundle of energy, so everything is divisible by energy. The things that appear to be solid – a table, chair, or a cup – are merely collections of smaller particles, which are energy.

Obviously, energy vibrates at different speeds and has different qualities and some we actually see as solid objects, but in reality there are many 'holes' and 'gaps' between the different vibrational rates.

Focus your energies

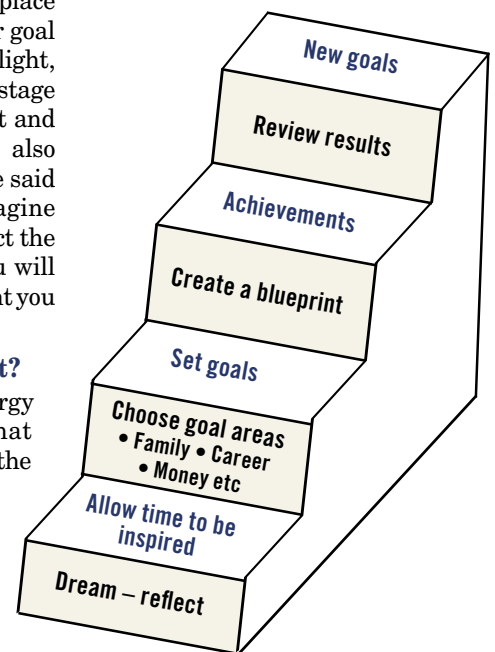
If you can create a clear goal and then get a specific result, you are actually applying a quantity of energy around your

actually have to go to a deeper level where we challenge our attitudes.

Within the goal setting processes it is a good idea to consider what your motivation is for achieving specific goals. Some examples of areas that motivate people on a deep level to focus on their goals are things like achieving for one's family. Another example could be the area of achieving to be able to give to others, so you become motivated for doing good in a compassionate and giving sense. There are many examples of millionaires and billionaires who use their wealth for altruistic purposes. The other area that motivates is the fear of failure. ■

See Part II in issue 2.22

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goal. When you set a goal that has a concentrated, clear focus to it, energy acts like a magnet.

We attract into our lives what we think about the most, what we believe most strongly and expect on the deepest level. So with goal setting if you set up a clear picture, visualise, and continue to place energy within it, revisit your goal and think of it in a positive light, then you are getting to the stage where you actually believe it and make it become so. This is also known as 'act as if'. Aristotle said over 2000 years ago: "Imagine the person you want to be, act the person you want to be and you will become the person you dreamt you could be."

How badly do you want it?

The more positive the energy we put into imagining what we really want will assist the necessary change for it to happen. This sort of positive energy creates the change, but it doesn't just come through superficial positive thinking. We

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