

GOALS

Feeling lost? Need to create a plan or structure?

Follow these steps to help you get back on track. Sometimes it is nice to wander, to watch the story unfold, to be the observer. But sometimes the observer gets lazy and forgets that you too have control over the outcome. You are more than an Observer watching your fate unfold. You are the Creator of your destiny. And you have the ability to mould situations so that the outcome is more favourable. Responsibility, discipline and dedication are all big daunting words but once applied make you a *mean-machine* capable of achieving anything!

It is all about your process: your reaction & action

Do you continue to suffer or do you seek the blessing in disguise and choose to accept an experience, learn from it and then put step in place to move on?

One sure way to give you a little direction and create a positive process is to **Set Goals**. It will help you to strive for something that is important to you. It also allows you to see a finish line or at least a layout of the races and journeys ahead.

The best thing about being this *mean-machine* is you feel pretty chuffed when you accomplish a goal that you have set your mind to, because you know what you went through to do it and attain it!

“*the victory of success is half won when one gains the habits of setting and achieving goals. –Og Mandino*”

Steps to help you create Smart and Effective Goals

Before you get all gung-ho on your Goals and how to achieve them, start by activating the creative juices. There is a fun process to kick start this path to achievement!

Giving yourself the time to be wild and imaginative feeds the desire to be free - I assume we all want this... I can't be alone on that one.

Our logical mind does like to be over-bearing and come in and let us the flaws in our dream and nit-pick on the pit falls and possible bumps that we may encounter. But I beg you to please indulge your creative mind first, so that you at least see that crazy and fun side and empty all the little hidden desires before also allowing the logical mind to have their say too!



don't be afraid to dream big

step one: creative

A. Dream Big:

Lay down and dream... how fun! Dream of every desire coming true and what it could lead to. Be the explorer of your imagination. Create your reality in your head for as an experiment and don't let your logic restrict you just yet. Try it! What have you got to lose?!

B. Choose your method of expression:

- Write it out, the old fashioned way with pen and paper - heck it might even evolve into a spider graph!
- Type it out and format it to your liking
- Paint it with vibrant colours and textures
- Collage it with paper and magazines - words and images
- Draw it with pencils and crayons
- Design it online
- Do all of the above!

C. Vision Board

A vision board is a product of your imagination and an expressive creation.

Once you have produced a Vision Board you now have a target for your Goals Setting. Use your Vision Board as the intention behind what it is you want. It is not a strict target but it is a great tool to remind you of your inner vision and passion.



a goal without a plan is just a wish

step two: logical

Break it down! Invite your logical and rational processing back and add this to the mix.

- A. From your vision board pick out your ideal Ten Year Vision. Again it is creative and wild but also reasonable and achievable. That can still be a fairly out there goal, but within ten years you have to learn a new skill or two or overcome fears or make a set amount of money. See this is how the goals can be formed.
- B. You now have your ten year vision. Divide this into categories.
 - personal goals (hobbies and skills for personal development)
 - relationship milestones
 - career achievements
 - travel plans
 - health goals
- C. So, from the above exercise you should see a good plan being devised for the dream you in ten years' time. Now, work backwards setting goals and tasks for each category in your life. Write out the processes that you need to go through in order to achieve that 10 year goal.
 - Break down each goal by year 10 year goal (which you should have from the above step 2 part B.
 - Break that down again to your 5 year goal
 - And then 1 year goal - So by now you have a structure to follow.
- D. You can of course keep going and break down your one year goals into months and weeks etc. But by now you have a greater understanding of where you want to go.

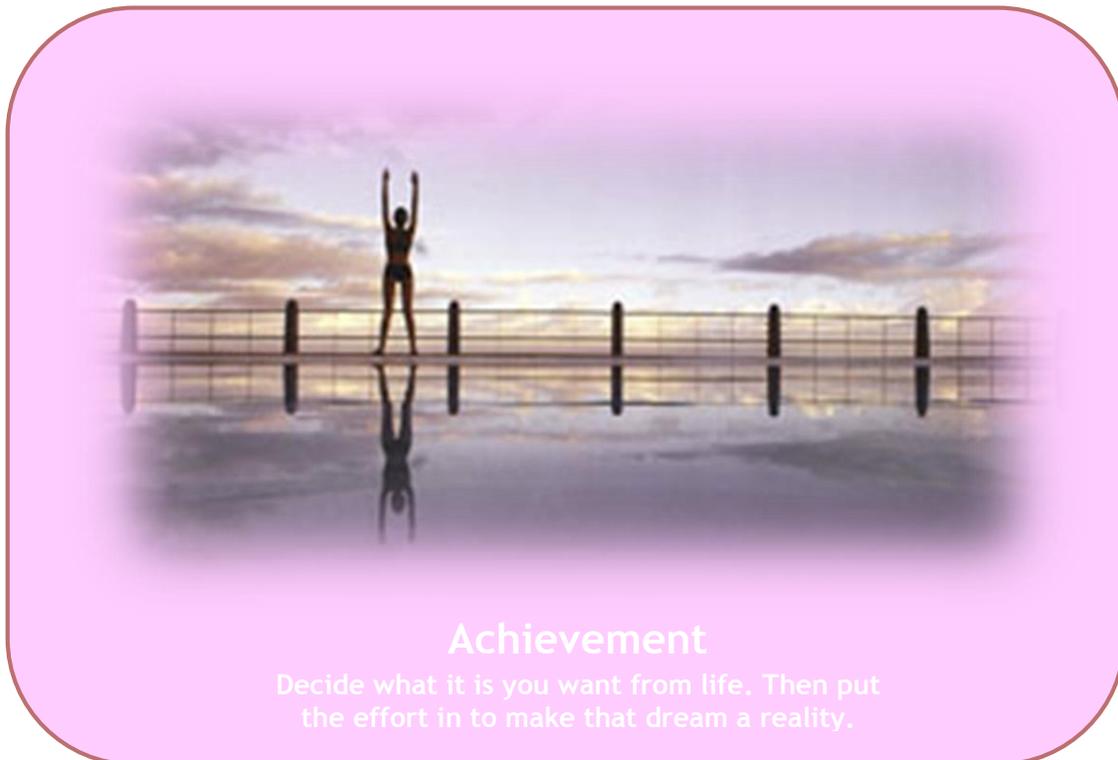
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nothing is too impossible

step three: balance

Question and Make the Goal S.M.A.R.T.

- Specific
- Measurable
- Attainable
- Realistic
- Timely

Look at each section of your goals and ask the question if this is SMART? And answer the questions - if it is not currently attainable, then why? What can be done if possible to make it attainable?





if you believe in yourself you can achieve it

step four: believe

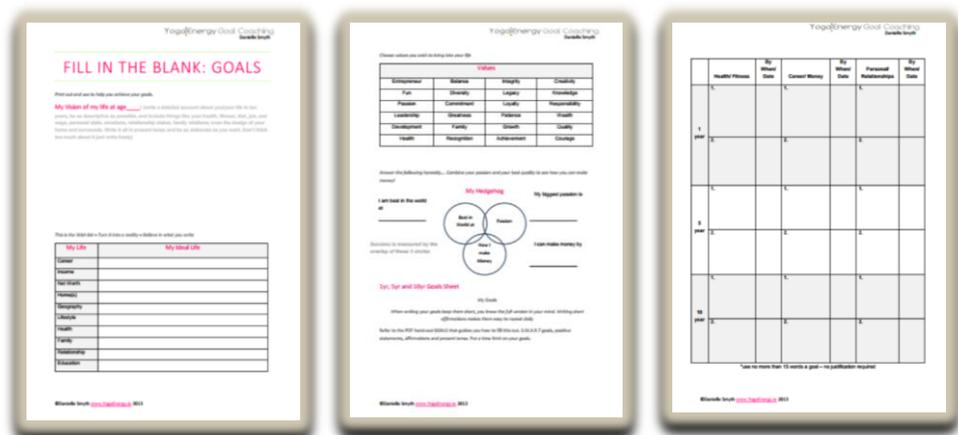
Finalise and proof your goals! Make it present tense, and believe it is possible. The greatest tip to achieving your goals is trust and belief in yourself. If you don't believe that it is possible your path to achieving that goal will be destroyed internally by your belief system. Somehow you will find cracks and ways to not make it happen. So **BELIEVE** in yourself. Get achieving purely by knowing that you can and will do this.

- Write easy to recite **Affirmations**. **Affirmations** are a wonderful tool to use to reprogram your thinking. Check out more on that [here](#), to understand how they work.
- Set positive goals in the **Present Tense**. Similar to your affirmations, this makes your dream of the future more of an achievable thing when you say it in the present tense.
- Use **Positive Language**. Instead of 'I will no long be afraid', change it to 'I am confident', 'I am ready' or 'I am unafraid'.
- Put a **Sell-By-Date** on each goal. Once you have a date and time that you need to achieve your goal by, means you work hard to get there. Rather than waiting for the right moments you create the right circumstances that you need to happen.

step five: take action

Print it off - place it where you see it regularly (bathroom, wardrobe, car, wallet....) Here are some other creative ideas to help you stick to it - share your goals so others can keep you accountable!

Check out these [Printable Goal Setting Sheets](#)>>



step six: enjoy

Relish in the glory of achieving your goals! Give yourself a pat on the back for every goal you achieve. Celebrate your achievement! We all need and appreciate encouragement. Working and trying all the time is tiring and can totally demote you of your gusto to thriving forward.

Make sure you enjoy the steps to achieving the big goal and make all the little steps totally worth it too. There is nothing wrong with a little weekly celebration if you deserve and have worked for it then take it. Bathe in that Bliss of the present.

Having a goal for the future is great to give you direction if you need it. But it should teach you to be present and relinquish the expectations you put on yourself, so that the journey becomes just as pleasant if not more enjoyable than the destination.

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enjoy the journey, not just the destination

For more information please contact me at danielle@yogaenergy.ie

I am available for Goal Coaching Sessions and Creative Goal Setting Workshop or general advice on life and wellbeing via my wellness coaching service. Please visit www.YogaEnergy.ie