



Achieving

I come across so many people who look at others success and think 'if only.....' or 'if I had the opportunities that they have had I could achieve the same' or 'they have just been lucky.'

Well the good news is that we all can achieve our potential. The secret to achieving is to set yourself goals and then take action.

Firstly, you need to identify what it is you want to achieve. The important part here is it must be something that you really want. Not something you feel you should have, or that you are expected to have. It is your life, so make sure it is something that YOU are really passionate about. If you are having difficulties identifying exactly what it is you really want, try thinking about what you do not want. What you want tends to be the opposite of what you do not want. Be clear about why you want this goal, what is important to you about it. What do you see yourself doing, hearing, feeling like when you have it.

The next step is to write down what you want in a form of a goal that is achievable, clearly stated and time scaled.

You now need to examine where you currently are in relation to your goal. What have you done so far to achieve it? Take a note of what has worked in the past and what has not. What has stopped you from achieving this goal?

The next step is to look at all the possible options that could help you achieve this goal. What are all the things you could do in order to attain your goal? Think of anything and everything, the craziest idea to the more ordinary. Imagine if you knew you were going to be successful, how would this effect the options available to you? When you think you have thought of all of the available options, think of five more! When you are satisfied look at all your options you have written down. Choose one or more options that look, feel and sound right to you. The one or more that is going to move you quickly and effectively towards your desired goal.

You now have a goal and options. Now you need to plan how you are going to implement your option(s). Think of what resources and help you need to attain it. How long will it take to achieve, break it down into achievable bite size chunks. Tell your friends/family/work about what you want to achieve and the time scale you are committing to. Think of any obstacles that might get in your way and how you will overcome them.

Most importantly TAKE ACTION and do it! It is the only way of achieving your goal! If you find yourself dragging your heels, ask yourself what is preventing your from moving forward, how could you overcome it? Remind yourself why this goal is really important to you, what you will gain from having it. Stretch your comfort zone and enjoy the rewards!