

Change the quality of your experience and you'll change the quality of your thoughts.

INTENTIONS

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"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

-Thoreau

Beyond Goal Setting to Goal Achievement

Not long ago, the notion of achieving happiness in life was not even a consideration. Think about your parents and grandparents. For many, life was solely oriented around earning sufficient dollars to make due with the basic necessities of life. Just a short time ago, people began to glimpse at the possibility of having pleasurable lifestyles. Yet, life was still micro-managed; work was to meet responsible needs and pleasure was brought in through a hobby, travel or some other recreational activity, if time permitted.

Major life shifts are taking hold before our eyes. I now see that my clients are more willing to orient their lives around a vision and a sense of purpose intended to bring fulfillment, joy and happiness for themselves and all those they encounter. I see them getting better at redefining success and happiness vs. just striving for it. The most beautiful part of it is that not only are their basic responsibilities being met, but they are soaring much higher and much easier. Their vision draws them into activities out of healthy motivation of meaningful desire rather than need. Perception shifts from struggle to a game worth playing. Mind is redirected to accomplishments vs. problems. As obstacles are presented, they are appraised in the light of a project or challenge because the goals are set based on a sense of purpose from within the individual. Having had 20 years in the financial business, I've noted that my most successful clients are those who have expressed natural talents. Their passion for their work brought them great wealth, not from savvy investing as the financial industry would have you believe. So....

Here's an approach which goes beyond goal setting to goal achievement. First we'll work with the left brain - home of the organizer, with the following model:

Vision - Why do I desire this?

Goal - What will help me achieve this?

Strategy - How do I go about it?

Plan - When will I have it?

Set your sights on your VISION. Get in touch with your deep desire for a meaningful life where you can express your natural talents. Begin to look at your personal values and those things you naturally gravitate toward. Begin reframing your desires in this new light and you'll find life becoming more effortless as you tap into a natural flow. Once you've defined WHY you want what you want in this context, you're on to...

"Programs designed with the whole brain in mind."

John Felitto, trainer & coach

Setting a GOAL. WHAT goal shall I set to help me realize this vision? Having your vision helps define a logical goal which is coming from a healthy and inspired place.

But HOW will I achieve this goal? That's where a STRATEGY comes in. The secret to working a strategy lies in one key word - Simplicity. And remember, one strategy at a time. For example, if your looking to market your product or service, some possible strategies may include networking, advertising, public speaking, writing articles, guest appearances on talk shows, etc., but remember to limit your focus to one preferred strategy.

We often get stymied into thinking that we need some profound, complicated, brainstorm of genius in order to achieve our success. Fact is, the simpler the strategy, the more you can be assured that you will implement the action steps which flow from your strategy. Keeping it simple also helps you avoid anxiety which will leave you motionless, overwhelmed and fearful.

Often, resistance in letting go of the old stuff is what holds us from what we want. Be mindful of this and keep your initial action steps simple and be certain to take action promptly. Your attitude, confidence and belief in yourself will soar with even the smallest achievement. Your brain will have in short-term memory an image of a successfully completed action and be peaked for the next one. Here's where you can stretch toward bigger and bigger, yet still simple actions. Which leads us to the last step of this continuum...

The PLAN which answers the question WHEN? Plot your action steps from your strategy into time-frames...reasonable time-frames. Get away from the need to pressure yourself into action by drumming up adrenaline and forcing yourself into action. Set these time-frames as a means of measuring progress and give yourself the permission to work flexibly. After all, we are talking about honoring ourselves here; honoring our right to live meaningful lives, enjoy a sense of our own value and be joyful in the process - a radical departure from the conditioning of selflessness and self-denial which was considered, not long ago, as the only honorable course of action. As we give ourselves permission to live joyfully, we find ourselves bringing joy to others. Our desire for more money leads us to assist others in finding it. Our desire for more acknowledgment, leads us to acknowledge others. So it is not a choice between selfless or selfish, it's love of self AND love of others. Not either/or, but both. We now sense that in achieving our heart's desire we bring joy and happiness to others as well.

Now, don't forget the right brain here. Get quiet with yourself and have all of your senses enjoy the image of your goal fully realized in a present moment context. See it, feel it, know it is there. Amplify all of the benefits you, your loved ones and others are enjoying by your achievement. This quiet place is often where you will get the "illumination" or aha! of a great, simple and worthwhile goal to set for the above model. Believe that this image you hold is real and reflect on this image whenever old, negative behavior or self talk shows up. Keep shining the light on this "game worth playing" and you'll love yourself for it - and others will too!

Want a hand with developing a vision, setting a goal, a simple strategy or time-line? Pick up the phone and call the "coach".

"Intentions" is a free publication promoting the use of the whole brain and mind, to live life mindfully and purposefully through the awesome power of awareness and intention, for the benefit of all. Written by: John Felitto, Mind Development Trainer & Coach, 65 Mendolia Ct., Pearl River, NY 10965 (845) 735-4284 Email comments to: John@EvokeYourGreatness.com.