

# Attaining Goals

In order to attain our goals, we need to be clear on what they are. People say the more specific we are the more likely we are to create them. In the end, we may need to let go of the specifics and accept what comes in the form it's in, but in the beginning, focus helps.

There are theories that the mind gets programmed like a computer and when we repeat goals (affirmations), write them down and visualize them they get imprinted on our brain for us to carry out. When people write a "to do" list, for instance, they are often more likely to get tasks done because they are written. Since we have been reading, writing and listening for so long in school, our minds are conditioned to hear the information and reproduce it in 3D, so to speak.

*"In everything the ends well defined are the secret of durable success."*

*-Victor Cousins*



*"The significance of a man is not in what he attains but in what he longs to attain"*

*-Kahlil Gibran*

We may have blocks to our goals. Do we feel we deserve them? Are we ready? Have we been waiting a long time for the projects to materialize and are we losing hope or motivation? Are we afraid others will be envious or jealous? Believe it or not, a whole host of factors may be involved in a decision to attain any one of our objectives.

There are generational issues, what were the expectations of our great-grandparents or grandparents? Did they get handed down silently? What are we trying to accomplish? Do we find it going easily or is it difficult for us? Do we see an end in sight and is it a good outcome? How we feel about our dreams and accomplishment also has an ultimate effect on the outcome.



## Focusing on Goals

- **Make a list of goals**
- **Prioritize them**
- **Write them down in order**
- **Create a plan to make them happen**
- **Move from one goal to the next**
- **Get help when you get "stuck"**
- **Reward your success**



*"The ability to convert ideas to things is the secret to outward success."*

*-Henry Ward Beecher*



KATRINA GREENE, MSW

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631-567-0008

