

October 2006: Achieving Your Goals - Part One of Two

Four Fundamental Steps to Achieving Your Goals

Step One:

Know What You Want

Yes, it seems so obvious, doesn't it?

You must know what you want in order to get what you want. Yet this most basic first step is missed by the majority of people. You must know what you want as specifically as possible. This is the magic first step.

Unfortunately, 86% of planners don't do the basics! A recent survey indicated that only 14% of business people have written measurable goals and yet less than one in five businesses survive longer than five years.

Daydreaming about your future will not bring you what you want. Waiting for life to work out the way you've always expected won't bring you what you want. The only way to get what you want is to decide, with clarity and focus, exactly what you want to create.

So how do you know what goals to set? Well, it's very simple. Write down your desires, your dreams, and everything that you want for your life. Then pick the one thing on your list that you know you could accomplish if you dedicated some energy to it.

Focus, focus, focus. Don't waste your energy wishing and dreaming for a million and one things. Once you have selected, forget about the rest. Choose the very next goal in the creation of your life and go for it. Just as the journey of a thousand miles begins with a single step, so does the journey to your ideal life begin with a single goal.

So begin with an easy, do-able goal, so far unaccomplished, plug it into this four-step system. Write it down

as specifically and exactly as you can imagine. After it's finished, move on to the next goal.

Step Two:

Focus on What You Want

You must give positive focus, energy, and attention to your goal. Setting a goal and then forgetting about it will not do. You must imprint it on your conscious and subconscious mind until it becomes reality.

Remember, thought is blindingly fast compared to the manifestation of thoughts into reality. Of course, as you practice this system and become more confident, your thoughts will come into reality much more quickly. But as a beginner, you must keep your energy and intention directly on your goal.

You must focus on what you want, not on what you don't want. Stop complaining about things that are not the way you want them to be. Instead, decide how you would like them to be and focus on that. Whenever you find yourself giving attention to some area of your life with which you are unhappy, immediately ask yourself "What do I want in this situation?" and focus on the answer.

Take a look at your goal every day, give it positive focus and attention. Before you fall asleep and after you wake up, instead of worrying about your problems, imagine your goal successfully attained, and feel how you would feel if your goal was accomplished. Go to sleep with this feeling, and your subconscious mind will quickly find a way to bring it into your reality.

The next two fundamental steps for achieving your goals will be continued in November!



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Testimonials

Well presented, concise and very relevant - **J. Sherrnan, (Tyndall)**

Excellent - **S. McKenzie (Melbourne)**

Very Insightful. Well worth the effort - **S. Spezza (BNP Paribas Asset Management)**

Rewarding for me and reinforced what I've been doing over the last 8 months - **J. Triffet**

Excellent thank you - **D. Watson**

Focused Fluent and useful, thank you - **K. Hoff (Hoff Financial Solutions)**

Excellent, entertaining and well researched - **M. Northway (IOOF)**

Brilliant - **C. Kourniotis (IOOF)**