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## → Resources

### **Set the Right Goals**

**“The greater danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark.” – Michelangelo**

Do you have goals? Do you write them down? Do you review them once a day or once a week? Goal setting is one of the most critical skills that you must master to create success in your life. It’s a skill that you can learn. I am motivated, consoled, or calmed by thinking of what’s really important in my life.

Goals are critical to success but until you, write them down and take action they can’t be achieved.

### **Future by design**

Our lives are the result of our choices. To blame and accuse other people, the environment in which we live, or other external influences is to choose to empower the things that control us. We are doing the choosing – either to live our lives or to let others live them for us. By making and keeping promises to ourselves and others, little by little we increase our strength until our ability to act is more powerful than any other forces that act on us.

The best way to predict your future is to create it. Just as you can use the power of creative imagination to see a goal before you accomplish it, so you can imagine your own reality before you live it.

### **Add goals to your journal**

A journal is a great place to keep your goals so they are always accessible. Rewrite them every six months to stay current (they

should always be evolving in response to the changes in your circumstances). You can keep your short-range, mid-range, and long-range goals in these journals. When you look at them through the vantage-point of months and years, you will see what goals you had at certain stages in your life.

As I mention in my book, "Tapping the Iceberg" I have been keeping journals for over 18 years, to help track goals. I enjoy going back occasionally to see what drove and motivated me in years gone by. It is important to date your goals and journals so you can build from your past successes and experience. From previous goals and accomplishments, you can continuously build from a position of strength and your confidence will soar, creating success in all areas in your life.

Do you keep a journal? Do you write down and review your goals regularly?

**Author:**

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