



Where to from here?

How often do you arrive at this place - HERE? In my experience with people it seems far too often. Why do we find ourselves here? This is the right question to ask yourself. The flipside is that if you knew where you were going then you wouldn't be HERE so often.

I have a simple approach; I ask people to write down their goals. You will be surprised at how many people battle to do this. In subsequent discussions with them it becomes abundantly clear that lack of direction and focus is the root cause of many of the issues people face. Here is an analogy: Tomorrow morning, get in your car and just start driving. Then when you get there, call someone and tell them. Seems stupid and yet going through life without goals doesn't.

Humans are naturally goal oriented. Think about your everyday experiences. You look forward to the rugby on the weekend, the braai with the family, the movie with your spouse, the weekend away at the end of the month etc. It is these little goals that we have that keep us motivated, going forward. Now in a business context, how many of you find yourself working towards a deadline or just wanting to finish this last report. Yes, we are driven by goals.

Now here is the problem. Most people believe their lives just happen and are not created by them. This is of course true because if you look at 90% of people out there, the proof stares you in the face and yet there are some people who are just achievers. They seem to get things done and always seem in control of their lives. We say they are LUCKY because it makes us feel better. "He has a successful business because he was in the right place at the right time." Did it ever dawn on you that they had a goal and that they created the opportunities that led to the successful business? What this means is that you can create your life the way you want it. BUT HOW???

Setting goals is the answer. This is easy. You already have them, in your head. You dream of them, you wish for them, you want this and that. Write it down, however stupid it may seem and then refine it.

WRITING GOALS / AFFIRMATIONS

1. Identify what it is that you want in your life
 - Ask yourself where you see yourself in 5 years from now
 - What does your life look like: What are you doing and how do you feel?
 - What makes sense to you
 - What makes you feel good
 - What are you most passionate about?

(These questions can help identify what goals are meaningful to you)
2. Write the goals down
 - Make them personal
 - Make sure they are positive
 - Make them present tense – ALREADY ACHIEVED
 - They must indicate achievement
 - What does it LOOK like to have achieved that goal – PICTURE
 - What does it FEEL like to have achieved that goal – EMOTION
3. Stick these up on your fridge, on your mirror and behind the toilet door so that you are exposed to these goals as often as possible
4. Take action by breaking the goals into milestones (achievable steps)
Most people write down their goals and then stop. 6 months down the line they revisit their goals and realise they are no closer to achieving them.
 - What steps do you need in order to achieve the goal
 - By when
 - How often
 - Who or what will assist in achieving the goals
5. Lastly, be positive, feel good, love life and be grateful for everything you have and you will be amazed at what starts showing up

Successful people have goals. They have clear direction in life. They have defined what they want; they have created it and have continued to move forward. They never see failure as failing but rather as one way not to do it. You too can have this if you focus your attention on what you want and ensure your actions are striving towards this.

Yes, people with goals also end up HERE. The difference is their HERE is exactly where they wanted to be....

Be inspired, live life, love always.... Love is the key!!

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