

THE SECRET TO SETTING GOALS

THAT CAN CHANGE YOUR CAREER & YOUR LIFE©2007

(Part 1)

BY

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Everything we are now experiencing in the real world started out as just an imaginary thought. Shaped by our thinking, both consciously and unconsciously, our life as we know it is just a product of our mental picturing. We need to believe in the power of our own imagination. As children we were told that day dreaming was a waste of time. Nothing could be further from the truth. Imagine if Hilary Clinton would not have envisioned that she could be the first woman to run for election to high office on a major party ticket. Or, if Clara Barton had not imagined herself establishing the American Red Cross. And, where would Estee Lauder (the woman whose name is synonymous with the art of feminine beauty) be if she had not dared to dream that she could change the face of the cosmetics' industry forever. These three successful women all have one thing in common: they accomplished what they set out to do.

If we are dissatisfied with our lives we can transform them by defining what it is we really want and by making a commitment to obtain it. You can have what you want! A much better, happier, more financially rewarding life is within reach. We are always free to choose a different future. Whatever we direct our attention toward, we create. Our goals determine whether we prosper happily, or suffer frustration and loss.

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We are all, to a certain extent, skilled at keeping joy out of our lives. Many people deny their physical, emotional, and spiritual needs. When a certain desire arises, a voice inside them says they shouldn't have that feeling, and they extinguish it. Our inner desires can be suppressed for years, until we no longer believe they are possible, or that we have the right to have them met.

Think about all the unfulfilled dreams you still have. Is there some place you have always wanted to visit, or something special you have always wanted to do? Maybe you would like to go back to school, buy a house, take a cruise, learn a foreign language, write music, or start your own business. The possibilities are endless. Isn't it time to reassess your priorities and start doing some of the things that will bring you true happiness? The question you need to ask yourself is, "How much joy in life am I willing to allow myself?"

Many of the limitations in our lives are self-imposed. Just assume for a moment that someone was to offer you a magic formula that would absolutely guarantee that you could satisfy your needs and achieve your innermost desires. What would you be willing to compromise to get your hands on such priceless information? Undoubtedly, you would be willing to forfeit quite a lot. But do you remember that the magic formula is nothing more than mere goal setting? Goals provide a way by which any dream within reason may be attained. Fortune favors the person who is willing to make the effort to write out their great ideas and set a time limit on obtaining them.

Where we find ourselves today is the result of the actions we took yesterday. If we feel deprived and lack many of the things that make life worth living, maybe it is because we have failed to take the initiative to bring more pleasure into our day-to-day lives. Perhaps in the past we tried to introduce some change into our humdrum routine, but we

neglected to write out our goals and direct our actions and subsequently, our efforts were the thwarted.

Imagine what it would be like to embark on a long journey without planning ahead. It would be impossible to reach your final destination without a compass or a map, aiding you in navigating your course. You would have no way of knowing if you were going in the right direction or if you took a wrong turn. Such a trip would result in pandemonium. Goals help us organize and direct ourselves. They guard us against destructive habits of procrastination, inattention and negligence.

Be Passionate About Your Goals

No matter what goals you choose, they must be worth the work. The reason for this is simple: without passion, we cannot reasonably expect ourselves to work effectively and productively. Motivation matters. There will be hard times when all you will have is your dreams to sustain you. The most important thing to remember is that nothing worthwhile comes easily. If it did, it would not be that desirable because it would lack the thrill of accomplishment through personal effort.

Making Your Dreams Come True

Put your imagination to work and let it create what you want. See yourself as if you have already accomplished your goal. Many athletes use this successful technique before major sporting events. Celebrities in the world of entertainment, politics, and business have all relied on visualization to help guarantee positive outcomes.

To visualize, you must sit quietly with your eyes closed. Get a clear picture of exactly what you want to achieve in your mind. Pretend you are the director of your own documentary. Give yourself the starring role. Envision as many details as you can, and enlist as many of your physical senses as possible. Remember, the unconscious has no

power to grasp abstract ideas, so you must present it with a vivid picture. Actually see yourself achieving your desire. Get excited! You will be delighted with the potent feeling of success that fills you. Give your goals strength and vitality by dwelling upon them. Spend a few minutes a day practicing mental imagery and you will increase your probability of success.

It is also a good idea to mount colorful photographic images of your goal on a large poster board. Place the board in a location where you can glance at it every day. By doing this, you will impress these images on your subconscious mind.

Affirmations

Another way to reinforce your goals is to make up affirmations that you faithfully recite on a daily basis. Affirmations are positive statements—no more than one or two sentences—that you repeat to yourself at intervals during the day to strengthen your purpose, reassure you and inflate your confidence. These useful phrases can be used as a form of self-talk to counterattack any underlying negative thoughts that might prevent you from believing that you can actually accomplish your goal. When a destructive emotion strikes you, you can use affirmations to neutralize your mind. If practiced regularly, in time your affirmations will embed themselves in your unconscious mind and you will accept them as fact. Keep a piece of paper in your pocket with your affirmations on it, and carry it with you at all times. Repeat your affirmations out loud throughout the day.

Consider the possibility of recording your affirmations onto a blank cassette. This would give you an opportunity to listen to the tape while putting on your makeup, commuting to and from work, doing chores around the house or while exercising.