

3 Dimensional Success

Welcome to Inspired Living



Hello my dear Friends,

Welcome to another informative and life changing edition of Inspired Living, my goal is to inspire you to get to know your goals and to set goals for yourselves!

Let's begin by exploring what goals are. Goals are statements which affirm what we plan and desire to achieve. They are relevant to every single area of life.

Can I share some very interesting information with you?

A study done at Harvard, showed that of a group of people who wrote their goals, 97% of them actually achieved those goals. What does this tell us? well it confirms that what we affirm to ourselves and what we claim for ourselves does increase the probability that we are able to manifest these things. Hence the importance of having goals for yourselves. If you do not have goals and you are not manifesting what you desire in life then you run the risk of plodding along almost aimlessly. We all have dreams don't we, well writing and affirming our goals is a pertinent stepping stone to achieving them.

Writing out our goals is an excellent idea but how is this done?

Here are a few guidelines, Goals need to be SMART

S-specific

M-measurable

A-attainable

R-realistic

T-timely

- Ω Goals must be written in the present tense, this is because we want to think about them as happening now not in the distant future, our minds are very logical, if they are written in the future tense, then it will project them as always being in the future and it will continue to be a future aspiration rather than a present occurrence. For Example: don't write "I will enjoy my gold coast holiday in March 2009" but "it's March 2009 and I am enjoying my Gold Coast holiday".

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- Ω Goals must be written using positive language which states what we do want, not what we don't want. This is because our minds think in pictures and if we write what we don't want, our minds will see that and focus on it. For Example, do not write "I no longer weigh 80 kilograms" but "I now weigh a healthy 60 kilograms". This later statement allows the mind to visualise you at 60 kilograms rather than at 80 kilograms and what you focus on is what you get.

- Ω It's very important to be realistic about your goals, when you are writing them out, balance your dreams with realism. Plan to achieve them within a realistic time frame for you. If you do not do this you will set yourself up for disappointment and you may even join the crusade who believe that goal setting is futile. Ensure the goals resonate with you, be confident that you can honestly imagine having achieved them. Stay focussed and balanced – that's the secret!

- Ω Select categories in which to write your goals, for example, place them within the seven areas of your life, this way is a little more methodical and ensures you have covered each area. You may use the following as a guide.
 - Spiritual
 - Mental
 - Physical
 - Vocational
 - Familial
 - Financial
 - Social

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Have some fun with this, create the life of your choice. Life is an adventure, so map it just the way you would an adventurous holiday.....you wouldn't just land in a foreign country and hope for the best would you? You become educated and informed about the best holiday you can have which meets your needs and that's filled with fun and adventure.

Remember the Harvard study, well what we tell ourselves is what we create whether we are consciously aware of this or not, so let's explore our internal dialogue in the next edition of Inspired Living.

Questions, feedback and article topics welcome at tl@3dimensionalsuccess.com.au

Have a Peaceful Christmas and ahppy goal setting for 2009. This is the prefect time to begin writing!

Until next Time

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