

Deciding what you want

Do you know what you really want? If not, you are not alone. The majority of people don't know what they want, or if they do, they do not spend enough time focusing on it and taking the necessary steps to make it happen. Divorce is a catalyst for change; it is an opportunity to re-evaluate who you are and what you want for your life. It is a time to take a deep breath, decide what you want and go for it.

Achieving new goals requires a different strategy from what you have done before, it requires change. That change has to happen on two levels: in your conscious (intelligent mind) and your subconscious (emotional mind). As 95% of your thoughts, beliefs, habits and behaviour comes from your subconscious you have to get emotionally involved with an idea in order to make it happen. In other words, you have to REALLY want it. Your desire MUST be bigger than your fear of stepping out of your comfort zone otherwise you will stay where you are. Which incidentally is not that comfortable otherwise you wouldn't want more.

Below is a four-step process to setting goals and creating change in your life.

To get the most out of this exercise here is some rules;

1. Think BIG.
2. Don't hold back.
3. Don't think about what you should do.
4. Don't think about what you believe to be available to you or why you can't do it.
5. Don't waste any time thinking about how to make it happen.

The 4 steps

1. If you knew you had all the resources, talent and ability to achieve anything that would you want? For you, for your family? Write it out like the best shopping list you have ever written.



You the table below if it helps to focus your mind

Be (feel)	Do (experience)	Have (possess)

2. What would that give you? What difference would that make to your family?

If I did this, this would happen....

If I did this, this would happen....

3. Choose two goals from your list to focus on. Write out your two goals in a statement and look at them daily.

4. Write down 6 actions you can do today to get you closer to your goal and go and do them.

If you want more help on moving forward and achieving your goals, please get in touch.

