

COMMITTING TO WHAT YOU WANT

If you avoid asking yourself what you really want or if you rarely find enjoyment in setting goals, it's likely you've gotten frustrated and gave up. And I bet that you only got frustrated when you didn't see how you could make significant progress.

Often we set goals that we think we should set, even when a part of us knows better. To bypass these false goals and replace them with meaningful ones, trust that there's a wise part of you that knows what those are. It's critical to know the difference between the two; when you do, your life will work much better for you.

Making a commitment to the life (career, relationship, business, or personal growth) you really want requires you to (1) know WHAT you want; and (2) know WHY you want it. Both are important.

The WHAT

It's perfectly OK, to identify the ESSENCE of what you want without knowing all of the details up front. Here's an example of what I mean. My value of personal freedom has always been important to me and at one point in my life, as a corporate executive, I was no longer willing to give up my freedom for a generous paycheck.

Sometimes, the best way to jump-start what is wanted is by being clear about what you don't want (as long as you don't stay stuck there!). As a result of my strong awareness, I consciously focused on being self-employed but I didn't want to feel tethered to my business. I wanted to set my own hours and have a flexible schedule. I wanted to reach people beyond my geographic location.

The WHY

Some said it was impossible, but armed with my "why", my compelling reasons, I kept my commitment alive. It was clear to me that what I enjoyed the most was to positively touch the lives of others by providing success strategies as well as serving to inspire and uplift. Shortly thereafter, the opportunity to do as I had described showed up!

In my experience, if you haven't totally aligned yourself with what you want, it will be difficult to stay the course when the inevitable hurdles appear. It's far too easy to lose heart and drop the goal, unless you have thrilling reasons that match your most precious values (i.e. freedom). With an intense why, you'll do whatever it takes to succeed.

Now, let me ask you:

What are you envisioning for yourself?

What would your life be like if you were already living that enhanced life?

How would this life feed you mentally, emotionally, physically, and spiritually?

And how could that lead to other more satisfying experiences?

Discipline vs. Pay-off

Have you noticed that telling yourself, "I HAVE to do this ..." isn't sustainable? That's because discipline is based on massive effort. Without knowing your WHY (the pay-off for having "big hairy goals") and enjoying the process, you will run out of steam and quit prematurely. Stop forcing yourself; get inspired and motivate yourself instead.

So, how big is YOUR "why"? When it's SO attractive to you that it keeps you going when you experience temporary disappointments as you start to second-guess yourself, you've got it! Now any delays or detours you might encounter won't stop you. Because moving in the direction of your dreams will be worth it.

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OR you've had similar ideas, but can't seem to get beyond your barriers or blind spots, you could benefit from 1:1 or group Savvy Success Strategies coaching.

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