

The Vision Principle of **GOALS**



A wise person thinks ahead; a foolish one doesn't and even brags about it!

PRINCIPLE OF THE WEEK

A journey of a thousand miles starts with one step. The plan is the big picture and goals are the points along the way of how to get there. Whatever we do in life should be done based on goals. If we don't have a goal then we don't have direction for our lives, and we will become part of someone else's plan. Things don't just happen. We can dream of possibilities and have desires for the future but it will not happen unless we design a plan with daily, weekly and monthly goals on how to achieve them.

Working from a daily planner or some written list of things to do for the week will help us achieve something tangible and keep us focused on the goals. Without planning and setting goals we just respond to situations as they come up.

We begin by knowing where we currently are (awareness) and then by knowing what we want (plan) and having a strategy for how to get there (goals). The majority of our lives can turn out to be what we want it to be if we have goals and keep working on our plan. When we plan our activities and reach the goals we set for ourselves, we get a great feeling of satisfaction, and have become achievers. Ask yourself if the things you're doing this week are the things you planned as part of your personal goals, or things that were planned for the benefit of someone else.

We must all respond and participate in the ideas and dreams of others, but if we want to reach the desires of our lives, we must also have ideas and dreams of our own and start planning on how we will bring them into reality.

Without goals our dreams will seem out of reach.

If we have a good plan with goal posts along the way, we can focus on the goal which is short term, rather than a five or ten year plan which may seem too far away causing loss of interest or hopelessness. The fulfillment of a goal is only assured when we make a commitment to do it.

Benefits

1. An exciting life and future because we are accomplishing things and can see the progress we are making from our decisions and actions.
2. Feeling of achievement and purpose because we are increasing our personal value and our confidence.
3. More control of our life because we are firmly holding on to our dreams and future.
4. After overcoming difficulties we will feel like we are winning and expect success.

Steps to Follow

1. Record the things you want to achieve and your dreams in writing. Then you will be able to know if it is really a true dream or only wishful thinking.
2. Write down how much it is going to cost you. Examine the cost, the resources, and the time required. Don't forget to take into account the cost to relationships as well.

Action Plan for

GOALS



3. Understand there is always a price to pay to see dreams come true. Sometimes the price and the sacrifice are higher than expected or more than you are prepared to pay. If this is the case, make necessary adjustments to your plan and goals.
4. Set the pace and the course of your life. As you write the goals, allow yourself a time frame for completion. When you write down and specify what you are going to do in a week, a month, or a year, your mind will go after those goals.
5. Keep your mind constantly focused on your goals. The law of attraction states that we attract those things that we pay attention to. Reviewing your goals frequently will keep you focused and evaluating your progress.
6. Be flexible, as you review your goals make adjustments as needed.

He that shoots at nothing is sure to hit it! If we have nothing to aim at we have no way to measure our progress. When you properly set goals and the right sequence for them, they will take you to your desired destiny.

Remember... Thoughts become actions. Actions become habits. Habits become our destiny.

Reflect and respond

When was the last time you wrote down a goal and accomplished it?

How did that make you feel?

What would it take to turn some of your dreams into goals?

Where could you find someone to help you accomplish them by giving you support, accountability, and encouragement?

What barriers do you face when setting goals?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed