

What's Stopping You From Realizing Your Goals?: A Quick Self-Assessment

Which of the following applies to you as we head into another year? 1. There are some things I want to change about my life but I'm not sure exactly how to make them happen. 2. I want to have more time to do what I want to do instead of always doing what I have to do. 3. I'm tired of working so hard and not seeing the changes I really want. 4. I feel like my life is on a treadmill and I can't get off. 5. I'm completely out of balance and I want more time for my friends and family. 6. How did I get here? 7. I'm happy in a lot of areas but I know that there is more to life than this. 8. Why does success seem so easy to some but so difficult for me? 9. I don't even want to make a New Year's resolution because it has been such a wasted exercise. 10. I feel as if I can change but I'm not sure how to produce lasting results. If you feel as if you're spinning your life wheels, it's time for some real self-empowerment to make your life exactly as you want it. Make a date with yourself and go to a place where you can be alone and have some time for quiet reflection. To make lasting changes, start further down your life line and state your long term intention instead of concentrating on the reactionary short term. What do you want your life to look like in five years, ten, or twenty years? What do you hope to specifically achieve in each of these five crucial areas in your life: financially, physically, spiritually, intellectually and in your relationships? Instead of generically saying that I want to lose twenty pounds or make more money, be more specific and concentrate on the long-term intention and emotions behind these objectives. Envision yourself at least five years from now as you live a life filled with better health, more energy and a greater daily commitment towards taking care of yourself. See yourself being able to realize your monetary goals and be specific about exactly what that would mean for you. More time to hire some help for greater peace of mind and freedom? Would you be able to cut down on your work schedule? Get the support you need? Most importantly, as you realize your intentions, how would you feel as you live life more fully? Would you be full of relief, gratitude, excitement, joy? Call up those valuable emotions in the present to feel it now and it will manifest according to your intention. Concentrate on "being" more instead of "doing" more and you will realize your best life yet! Writing down your goals crystallizes them in your awareness and creates greater focus and clarity. Write a letter of intention and turn New Year's resolutions on their head! This upcoming year, instead of identifying yet another set of goals; boldly state your intention and use the power of forward thinking and positive emotion to realize the life that you want to lead.

About the Author

At Preserving Life Stories, Glenda Logan-Glover helps people write their intentions and live their best life story. Redefine your New Year's resolutions and sign up for our free mini telecourse at <http://www.preservinglifestories.com>.

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