



Things to Ponder

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Define Your Goals

By Judi Moreo

IF you had all the money you would need, all the time it would take, and you knew you absolutely could not fail, what would you do? Who would you do it with? Where would you go? What would you have? What would you want to be? In other words, what goals would you set for yourself, if you knew you couldn't fail?

Deciding all these things is what I call vision-setting. If the world was perfect and money was no object, this is the picture you hold in your mind of who and what you would be, what you would do and have, and where you would go. In vision-setting, we put this picture in our minds as though it is happening to us right now. We hold it there. If you will do this, your subconscious mind will find a way to make these things happen, in spite of the facts that the world isn't perfect and money may be an issue.

There are many people in the world who have great talents and still haven't succeeded. Talent is not the essential ingredient for getting what you want or becoming the person you want to be. Talent helps, but you and I both know talented people who don't use their talents to better their lives.

Many of us think we have no control over our lives. Failure to accomplish what we want in life is a result of failing to believe in ourselves enough. We let doubt sneak in and then we make excuses about our abilities, time constraints, training and talents. Doubt creates stress, panic, and anxiety. These defeat our plans and goals.

When we know what we want and take action in the direction of our goals, it gives us a reason to get up in the mornings. When the goal is our own and we work toward it, we have more energy and our days become exciting.

We are all born into greatness and through our upbringing or life circumstances, we sometimes allow life to pull us down into mediocrity. It's not necessary. Decide now how you want to spend your time. If you feel like life is passing you by and you don't feel a burning passion inside of you urging you to fulfill your life's purpose, then something is wrong! Ask yourself these questions:

- When was I the happiest in my life?
- What things made me happy?

- How much time do I spend now doing the things I like to do most?
- How often do I feel that I am not accomplishing anything?

Then:

- Make a list of what your childhood dreams were
- Make a list of your wishes as they are now
- Make a list of all the things you do well
- Make a list of all the things you'd like to do.

Once you have analyzed yourself, you will have an idea of what's missing, what's needed, and what's next!

Define your goals! This will put your imagination to work. Start to concentrate on what you really want, rather than just getting by day after day. When you decide what you want in specific detail, your mind will start to formulate a plan to make it happen.

Translate your personal and professional wishes into goals today. Align your goals with your purpose, pursue your vision with passion, and soon you will know that you can't fail, because you have unlimited possibilities and the power to choose your future.

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