

5 Ways to Focus on Goal Setting



Life can often be viewed very much like an obstacle course. It may feel like we are constantly navigating through a range of obstacles to reach our desired goals. For many people, some obstacles encountered may appear to be seen as unsurmountable problems.

The first thing we can do to help us manage this is to change our view on these obstacles as if they are problems we need to fight or demolish. It's only normal to encounter obstacles in the pursuit of our goals. However, it would be a lot more beneficial to see them as opportunities to learn rather than enemies we need to defeat. Sure, plan to avoid pitfalls or obstacles we can be certain will be in our way. When faced with an obstacle, by all means overcome them. But to resenting them only adds to our stress. So, my first suggestion is to view them as “allies” rather than enemies. Look for the opportunity to learn something from these obstacles. They may be there to help us “sharpen our axe,” so to speak. Perhaps even expand on what our goal may be – and make it even better.

However, when these obstacles start to become a nuisance to the point of almost putting a stop to your goal(s); or worse, making one completely abandon his/her goal, one must take action and think things through. Keep in mind – we may have to change our plan of action from time to time, but that does not mean we have to abandon our goal.

So, with that said, here are some helpful, tested pointers that will keep your attention focused in achieving any goal that you put your mind to.

1. Think Positive

This means: Do not quit. Especially when one is midway in working for a goal, there should be no room for quitting.

To quit is tantamount to going back to the starting line of goal accomplishment. That is time, energy, money, and a whole lot of things wasted and lost. It is more costly to quit than to find a solution to the problem, not to mention the frustration one feels.

Think positive outcome. Change plan, perhaps, and not change goal.

2. Have an open mind

Be open to receive new ideas, input, suggestions, and feedbacks. Think in a wide scale manner, and always be open to new options to eliminate the particular obstacle you are currently dealing with.

3. Persist and Persevere

Be sure to exhaust every possibility, even to the point of trial and error, just to be sure that there is a solution to correct the problem you're dealing with. In other words, don't give up after one set-back.

4. Visualize

Picture inside your head a possible solution to help overcome and/or solve the obstacle that's setting you back. If that's not clear, sometimes take a step back to give yourself a little space (and time) apart from the issue. Then visualize again.

5. Ask for Help

There's no shame in asking for assistance. Get assistance from others you know who may be more knowledgeable on the work being done. Even if they are not "experts" in what you are doing, they may offer a different perspective. Their suggestions might not necessarily be the exact ones you want, but they may trigger some NEW ideas in finding the right solution to your challenge.

If you need help or want to find out more about how you can help yourself, do contact us at hyponow@now4life.com or visit www.now4life.com

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