

Insider Secrets to Achieving your Goals

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At the beginning of each year, we hear so much about Goals, New Year's Resolutions and plans for the year. By February, most of us normally give up or forget about those, and next year the cycle starts all over again. No wonder many people think it's useless to set goals, or make New Years Resolutions. The evidence all around us can easily convince us it's a futile exercise.

I'd like to give you a different perspective, if I may – and then some guidelines and action steps you can take if you're inspired to live a life you really love!

In 2009 I had a really big urge to start writing a book. The biggest challenge was I couldn't decide on a topic! I love writing, it comes easily to me - and yet, I couldn't get going with this big goal because I simply couldn't decide what to write about.

In 2011, after much internal turmoil and struggle, I finally decided to do something positive about my goal (and what really felt like a calling) of writing a book. I purchased a course on how to write ebooks! I wanted to write only a short little book, easy to do, not too much of a mountain, that would give me at least the feeling of a small accomplishment in the direction of my dream.

As I went through the action steps in the course, I finally found the topic I wanted to write about – and I realized I could write a whole book on this, not only a short ebook.

Subsequently I've published the book and am now working on a book series (all to be published in 2014) as well as creating an online business that will work FOR me, 24 hours a day, whether I'm having a nap, a holiday or sitting at my computer.

I'd like to share a few principles I've learnt personally that could help you on your own road to living a life of your dreams, if you're so inclined.

Decide what you want

I know this sounds like a horrible cliché. The truth is, if we're not clear on what we want to achieve or create, it's as good as getting in the car and "following the car's nose" as my Dad used to say when, we used to ask "Where are we going?". Be clear on what you want to achieve and use your senses to describe what it will look like, sound like and feel like when you have reached your goal.

There are many wonderful NLP processes to be precise, and clear, and if you wish to work on your own in a session with me, it's a lot of fun and in itself is extremely valuable.

Commit to Your Goal

I used to live from the belief that when I start seeing results, I'll really go for it. My experiences with the goals I have achieved, has swung this belief 180 degrees. I have experienced that we have to commit to the goal **first** and then amazing resources start showing up to help us achieve it. I've seen it over and over, not only in my life, also for my clients.

Yes - fear, trepidation and not knowing how will all show up and say "*I can't commit if I'm this scared or if I don't know how!*". That's normal, and okay to feel those things. If you don't make the commitment there's always hesitation. The minute things get tough (and believe me, they will!), it's so easy to throw in the towel. Commit first, and the way will show up.

Make a Roadmap to Get there

If we want to go to Cape Town from Joburg, and you don't have a roadmap to guide you, it could take year of aimless driving to arrive at the destination. Like walking through a desert for 40 years. The roadmap includes

- ✓ A strategy
- ✓ Careful planning
- ✓ Sticking to the Plan
- ✓ Re-assess your progress
- ✓ Adjust the plan if necessary

When I started writing my book, I didn't have a plan. I wrote when I had time, and more often than not, there was no time. After a few months I realized I wasn't going to finish during my own lifetime at this rate. And I made a plan, a new strategy – I blocked out times in my diary, 2 weeks in advance, for my writing. Things were going well for a while. And then, as we all do, I went back to a pattern I'm so familiar with – putting other people's priorities ahead of my own. I started giving my writing appointments away to clients who were desperate.

After a few months of falling into my old habits, I took a look at my progress and noticed, again, I wasn't getting anywhere. I had to adjust my plan. I created my writing appointments from 5 am to 7 am, because the rest of the day was packed with other things and I could too easily give it away if I felt I needed to help someone else. That worked a whole lot better – no-one needed me at 5 am, the house was quiet, no interruptions. I loved it – and I got my book written!

Learn a Method to deal with Emotional Stuff

Uncertainties plagued me about the book! It wasn't good enough, no-one was ever going to buy it, and the ones who did would think it was bad, I would be criticized, I'd be in the public eye and open myself to judgement.... I don't have a topic anyone would want to read about, I'm wasting my time. On and on the monsters in my mind went.

Had it not been for The Sedona Method and EFT, I would probably have stopped the writing, hung my dream behind the door and longed for fulfillment for the rest of my life.

Learn a technique or tool to get yourself past those show-stopper Gremlins that live in the mind. If you don't want to learn a technique, go to someone who can help you. Those thoughts are not the truth. They're fears and feelings and they're not real. They feel worse some days, less prominent other days.

We can let them rule our lives, and stop us from being the best we can be – or we can face them, deal with them, process them and get on with the fulfillment. I chose the latter and I want to be so bold as to say you can live a very different life if you give yourself the gift of dealing with the show-stoppers!

Be Accountable

When the going gets tough, it's easy to stop. When I started encountering challenges, some thoughts in my mind were "I can just stop. This is hard. Who cares - nobody was going to read it anyway".

If we're being stretched out of our comfort zone, like all proper goals tend to do, it's so easy to go back to the "old" way. The comfort zone is our body's way to try and get us back to homeostasis. We all have a "normal" that's different from someone else's normal. Our normal way of being and doing, normal chemicals floating around in our bodies, normal feelings and normal actions. That's the comfort zone. We know that place, it's comfortable and we know how to do our version of normal.

That's not where the growth lies though. Personal growth happens when we're stretched out of the comfort, into new places we haven't yet experienced.

Think about it – some of the goals you want to achieve feel very "abnormal" at the moment. That's part of the reason you don't have it yet. If it was "normal" for you to have/be that, you'd have it by now. Your version of normal, is what gets you all the normal things you already have in your life, as it is right now.

In order to achieve something that's out of your comfort zone, is going to take change, some work, doing something different, patience and perseverance. Those are all things that we don't often stick to very easily.

If you have someone to be accountable to, it's a lot easier to stick to the path. That's why people go to Weigh Less or Weight Watchers, 12 Step Programs and the like. If you have an accountability buddy or someone you can report to on a weekly basis, the chances are much much bigger you'll do what it takes to get there.

Choose a supportive buddy, someone who has your best interests at heart and who will encourage you to stay on your road to the finish line. Don't choose someone who will encourage you to give up because they're afraid of your success. It's also better to choose someone who is working on some of their own goals – they'll understand what it feels like when it gets tough. It creates momentum to walk alongside someone who is working towards their own version of success.

Writing your goal down is one way to be accountable. Telling a few people about your plans to achieve your goal is another. Having someone to check in with on a daily or weekly basis is another. Pick the people carefully, like I've mentioned – choose people who will cheer you on, not put you down.

I held myself accountable by having an email signature for about a year that said "Author of forthcoming book "No Problem". Every single time I wrote an email, I saw that statement. My emails go out to so many people, it really put the pressure on. At one stage I started writing almost full time because I thought "How long am I going to keep SAYING I'm a forthcoming author??" It helped me to turn up the heat for myself and get it done.

If you find it hard to be accountable to yourself, and don't have supportive, encouraging friends or family in your circle, enlist the services of a professional. It's worth every single cent you'll pay. A coach will encourage you, help you to stick to your plans, support you to roll the boulders and pebbles out your way. The bigger my goals get, the more support I need to attain them. I'm enlisted in a mentorship program at the moment where I receive guidance, support, mentorship, group input and if it wasn't for all this, I could easily have given up on my big goal for 2014 already. It gets hard to walk the road alone. It shows courage to ask for help. Be courageous and be accountable.

Action Steps

Follow these action steps for your own goals this year.

1. Write down what you want to achieve.
2. Be specific with words that describe what you'll see, hear and feel when you've achieved your goal.
3. Commit to that goal. Decide to go all out for it.
4. Plan your strategy. If you don't know how, get the help of a coach. This step is crucial. Goals do not materialize because we wish they would.
5. Take daily action. Every day, do something that takes you in the direction of the goal. It doesn't matter how small. Do something about your goal.
6. Remove the blocks and fears you have about getting there with a technique like EFT, The Sedona Method or NLP.
7. Be accountable to someone who encourages you.

If you need further information on each individual step – please do set up an appointment with me. It's fun to achieve goals, it builds self-esteem and confidence and belief in yourself. Best of all, it moves you towards living the life you really dream of. Designing your own life is far more fulfilling than letting others design it for you.

Small steps will get us there. Sitting on the couch and wishing for a different life generally doesn't.

I wish you success, joy, happiness and ultimately peace!



About Liesel



Liesel Teversham is the author of "[No Problem. The Upside of Saying No](#)", a handbook for those who feel overwhelmed, exhausted and resentful because they feel guilty when they say "no" to requests. Liesel is an EFT Trainer. She supports professionals who are tired of putting themselves last, to start a healthy self-care routine.

More about Liesel's work:

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