

# Can't See Your Way To Completing Your Goal? Then It's Time To

## Check Your VISION

By Della Menechella

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Have you been having trouble achieving a specific goal? Are you allowing other less important things to get in the way of accomplishing what you really want? Then this is the time to do a VISION check. Just as it is important to get our eyes checked regularly to assure that we will be able to see clearly, it is equally as important to do a VISION check to be certain that our goal is on track.

**Vivid Picture** - Have you created a vivid picture in your imagination as to what your completed goal will look, feel, and sound? Have you added lots of sensory detail, paying particular attention to what emotions you will experience when you have achieved your goal? Many people omit this step or they make a half-hearted attempt at it. As a result, their completed goal is not real to them so it becomes very easy to get distracted by day-to-day events. This step takes time and thought which is why many people don't do it. However, if you don't have a clear picture in your mind as to what you are trying to accomplish, how will you ever attain it? Developing a clear, vivid picture is critical if you want to achieve your goal.

**Inspired** - Are you inspired by your goal? Does thinking about it make you smile? If not, then go back to your vivid picture and change it until you are excited about it. Goals take effort. They often require that we change and do things that may be a stretch for us. If the goal isn't something you really want in the first place, then why bother trying to achieve it?

When you come up with a goal, don't limit yourself by what you think you can accomplish. Decide what you truly want. Many people have achieved enormous success in their lives because they had big goals. When you are inspired enough by your dream, you will find a way to make it a reality.

**Sustained Belief** - Do you have a sustained belief that you will achieve your goal? If you really don't expect to accomplish your goal, then you probably won't. Sometimes it takes extraordinary courage to believe, in the face of all evidence to the contrary, that we will be successful. Things go wrong. Problems come up. It is easy to get discouraged. That is the time is when you most need to have sustained belief. You can get through the difficult times if you believe you can. People rise to the level of their own beliefs. When you believe you will be successful, then you will achieve success.

**Identify** - Do you identify with your goal now even though you have not yet achieved it? We must begin to identify with the person we want to become. Once or twice each day, play the picture of

your completed goal in your mind. Live your goal in your imagination and experience all of the wonderful emotions that go with it. As you continue to do this, you will find that your thoughts and behaviors become more aligned with the person you will be when you achieve your goal.

Observant - Are you observant as to what actions that are taking you closer to your goal and those that are moving you further away? When we create an action plan for our goal, some of the ideas included in it will work and others won't. After you take a specific action, observe the result. If it is positive, then continue to do it. If you don't get the result you expected then modify it and try again. By being observant about what is working and what isn't, you can adjust your strategy as needed so you will continue to move closer to your goal.

Never Give Up Attitude - Have you adopted a never give up attitude? Have you made a decision that you will not quit no matter how long it takes to achieve your goal? If you don't have this attitude you might find that obstacles overwhelm you. They might be too difficult to overcome and there is a strong likelihood that you will quit before achieving what you want. However, when you adopt a never give up attitude, there is a power and conviction within you that will carry you through until you reach success.

So if your VISION is fuzzy, don't worry. By making a few adjustments, you will be able to clearly see your goal to completion and experience all the joy and satisfaction that are part of the package.

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