

Goal Setting: A Plan of Action or Get Off the Couch

By Judi Singleton

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Judi Singleton
editor@jassmine.com

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Two monks were arguing about the temple flag. One said the flag moved, the other said the wind moved. Master Eno overheard them and said, "It is neither the wind nor the flag, but your mind that moves." The monks were speechless.

-- Chogyam Trungpa

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We have talked a lot in the last weeks about having conversations with yourself. We talked about overall goal setting and what it takes. This week I would like to talk about desire, passion, making that goal the number one thing in your life. It's what keeps people working all hours, up early, late to bed. This kind of desire starts in the mind. It is what spurred great athletes. It was the making of all great heroes.

The mind forms paths in the brain, and like any well used path it becomes a habit to go that way. We go to work the same way each day without thinking about it. Well this is how our mind works. We can put a habit to use; it puts our desires on autopilot. Thoughts are also like that. If we think them over and over soon we move toward the action that is being thought.

Now, how do we intensify desire by listing details? Writing down the details, the small steps that it takes each day to accomplish where you are going. Though they may seem insignificant at the time, repeated small steps, baby steps is how you are going to intensify the desire to get where you are going.

Next we are going to take action. Write down the details of where you are going and then write 20 or 30 benefits of going there. This will make your goal unstoppable. Try this right now. Have you set a goal for your business to make X dollars this month?

Write a huge list -- the more you write and think about it, the more your mind will come up with, and this strengthens your desire. Write about wanting more money, not for the money sake for that would be boring and mundane. Write a list of all the things you can do with the money. What kind of time will having this new money give you? How will you spend the time? The benefits to your family and loved ones. This is the first step to obtaining your goals and desires.

By creating intense desire you can realize the impossible dream.

====About the Author====

Judi Singleton is the webmistress of Jassmine.com and Gotojassminesitenow.com and the owner of Jassmine's Journal <http://www.gotojassminesitenow.com/journal> . She was a counselor for 20 years. You can receive her inspirational newsletter Jassmine's Journal by sending an email to today jassminejournal-subscribe@yahoogroups.com

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