



## Dare To Dream Part II

### Devon Harris

I believe that dreams are the starting point for all worthwhile achievements. Once you have dared to dream you **MUST** make yourself pursue that dream. There are many who didn't and they now live lives of if I could a, would a, should a. Envision yourself achieving your dreams. Through dreams you create vision. Simply put, vision is a desired future state. It describes the growth and achievement we want to enjoy five, ten, twenty years from now. Through vision you are able to create a clear concise mental picture of the future and then embark on what I like to call the stepping stones to your dreams - Goals.

Goal setting is often referred to as the master skill in lifelong success because it is such an important component of successful living. Yet people spend more time planning their vacations than they do planning their lives. As you watch Olympians compete you are impressed by how effortlessly they perform difficult, complex routines. That's because they have practiced and mastered the fundamentals of their sport. You too need to practice and master the fundamentals of successful living if you are going to enjoy the benefits and rewards of the life you were meant to live.

Remember, as a human being you were designed for success. Your destination is greatness and your goals are the compass that point you in the right direction. They are the road map that guides you through the twists and turns, peaks and valleys, elation and frustration and eventually, to your destiny. They give you purpose and firmly place you in the drivers seat of your life.

### **Finding your goals**

You are uniquely gifted. There is at least one thing that you are good at and enjoy doing. It is what we call talent. Spend some time to find out what your talents are and invest the time to develop them. You may find that you have more than one, and if you don't develop them, they will never serve you.

Is it athletics, are you a people person, are you good with numbers, are you good with your hands, are you creative? The list goes on. Figure out which is it for you, set a goal and commit to be the best you can be.

**Here are a few ideas on goal setting:**

#### **1. Be clear about what you want**

When you are clear about where you are going and what you want, you are able to assess opportunities and determine which ones are consistent with your objectives and which ones are not.

## **2. Be bold**

Set HUGE goals then create a step by step plan to achieve them. It is impossible to eat an elephant in one gulp, but you could eventually accomplish it with many tiny bites. Write out your plan, prioritize your activities, organize your time and review the plan frequently.

## **3. Be time conscious**

Goals without a time limit are wishful thinking. Deadlines create a sense of urgency by putting positive pressure on you to act consistent in achieving your goals. You'll not be surprised to learn that people will procrastinate on even their most important goals. Procrastination is not only the thief of time; it is also the thief of dreams. If you are conscious of the time limit for accomplishing a goal it will spur you on to action.

## **4. Be positive**

You must believe that you can and will achieve your goal. If you have the ability to define a goal, you probably have the ability to achieve it. The goals themselves MUST be stated in the positive. Instead of saying "I will no longer be overweight" say "I am enjoying a healthy lifestyle." Stop saying "I will not eat junk food." Instead say "I am eating healthy nutritious foods." The mind thinks in pictures and you can't create a picture of not doing/being something. If you say "I am not poor" your mind deletes "not" and creates the thought "I am poor." Remember that you always act consistently with the thoughts and pictures that occupy your mind most of the time.

Know that beyond a shadow of a doubt you have the ability to become that which you aspire to be. When you set goals you set that process in motion, allowing yourself to soar on the wings of your limitless potential and to become the person you are destined to be.

Soar on!!

***Keep on Pushing!***

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