

Getting Clear on Your Goals

Our book club is reading the book *The Energy of Money* by Maria Nemeth. It a good reminder how important it is to determine your goals. Not just little goals, but big lofty goals. Maria says that people often confuse goals with tasks. “Tasks are what should or ought to be done. They clear the way for your goals. A key for determining a task versus a goal is whether you’ll be relieved when it’s done. When a task is completed, you feel relief.”

When I was a child I spent a lot of time daydreaming. It gave me great joy, and I truly believed I could do anything. But somewhere along the way, I decided it was time to be responsible and my daydreaming disappeared into reality.

Did you daydream and dream big as a child? Many of us have forgotten what it was like to daydream – to give ourselves permission to sit still, get into our mind, spirit and body. To STOP and listen to our thoughts and ideas. We feel compelled to be busy and active all the time. I promise you – that you’ll be rewarded if you take the time to get quiet and let your mind drift.

I didn’t take the time to be quiet until about five years ago when my doctor told me to stay home for three weeks and take care of Marcia. She gave me “permission” to nurture myself and just “be quiet”. Money Wise Women exists today because I finally took the time to listen to my mind, spirit and body. I realized what was important to me when I read the quote “Our purpose in life is to find our gift, perfect it and give it back to others.” Today, I live every single day of my life authentically doing the thing I love most -- educating and empowering women.

Reading *The Energy of Money* reinforces the importance of getting quiet, listening to yourself and determining your goals. Other ways that might help you get quiet and left your mind drift include:

Take yoga classes. I started yoga on my three weeks at home in 2002 and it changed my life. I was finally able to get quiet and pay attention to my body. My wonderful teacher, Judy Denney is now offering online yoga classes –

<http://www.bentonyogaonline.com>

Listen to music on an iPod and write anything and everything that comes into your mind

Walk by yourself in nature. Listen to the birds and animals. Marvel at the flowers and plants. Watch the sky and clouds. Observe – everything!

Journal every day without censoring. Just write. A good book to guide you through this process is *The Artist’s Way* by Julia Cameron.

Start each day writing five to ten things you’re grateful for.

Scents and smells are soothing and often remind us of the childhood memories. If I smell pot roast cooking, I’m instantly a child again at home on Sunday afternoon waiting to eat my mother’s wonderful Sunday dinner.

Soak in a bathtub with candles.

Treat yourself to a massage, facial or pedicure.

Read inspirational and spiritual books. You’ll find a list and review of my favorite books on our website at <http://www.moneywisewomen.net/bookstore.asp>

Once you’ve taken the time to get quiet it’s time to determine your goals. I recommend you have at least three types of goals: personal, financial and business. Goals that you can achieve, and make sure the goals you set are truly your own—don’t make a goal that someone else wants you to accomplish. When you’ve completed a goal you’ll feel joy, so take time to revel in it and congratulate yourself. I know from personal experience that if you keep your goals in your head, you probably won’t be successful. Take time to determine your goals, and then your goals *must* be in writing.

Putting your goals in writing crystallizes them and gives them more force. If you keep your goals in only your head, you'll forget them. We keep so much information in our heads that it's hard to keep it all straight. I can walk from one end of the house to another and forget why I'm there. Determining your goals will:

- Provide you with a sense of meaning, purpose and direction
- Help you gain clarity and decide what's important
- Determine what is important to you versus what is relevant
- Motivate you to achieve success
- Help you achieve more
- Help you focus
- Increase your motivation to succeed
- Improve your self-confidence

Another way to determine your goals is working with a coach. I've worked with a life coach for the past several years. Using the information we uncovered, I created what I call a Dream Board. I use the word *dream* not *goal*, because my dreams are my purpose in life. Maria Nemeth calls it Treasure Mapping and describes the process in her book. I create a colorful, visual representation of my dreams and goals for the year. Because I'm a very visual person, I clip pictures, sayings and words from magazines. I use my rubber stamps and stickers and also include pictures of myself. I arrange all of this on a large poster board and glue it down. My Dream Board hangs in my dressing area where I see it each morning and evening. It's powerful. Remember what I said about setting positive intentions, and you'll attract positive outcomes into your life. Most of the things shown on my Dream Board have happened.

I hope you'll take time to get quiet and listen to your mind, spirit and body.

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