

The Power of Goals

by New York Times Best Selling Author Peggy McColl

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Is there any power in having a goal? You bet there is!

The first thing that comes to my mind is the old saying "A person without a goal is like a ship without a course." Just think of the ramifications of being a ship without a course. Where will you end up? Sure you can enjoy the journey but you could also quite likely end up aimlessly floating around, wasting time, with the possibility to end up on the rocks.

Before we go any further, please know that having goals does not mean that you are living in the future. On the contrary, having goals results in enjoying more of the present, moment to moment experiences, while on the path to your destination. Success is in the journey, not the destination. But, if you have no destination, at what level are you enjoying the journey?

For 20 plus years I've been very goal focused. Why? Because I prefer to lead my life by choice, not by chance. I've also learned and understand the power of setting a goal, and how we human beings are incredibly powerful, and once we begin to understand that, and more importantly, tap into it, (as Patanjali said) "dormant forces come alive". Here's Patanjali's exact quote:

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

Let's extract some of the important points from Patanjali's quote:

Get inspired from some great purpose - this is your passion - these are your dreams.

Goals should come from your passion. What do you love? What are you passionate about? And, when you set your goals, stretch yourself beyond any of your present level comfort zones.

Once you stretch yourself and establish some greater goals, you invoke a magnetic force in the universe and become an attractor for all things to show you the way. I constantly tell my audiences "You do not have to know how you are going to achieve your goals, just decide on what you want". Most people don't even decide on what they want. Get very clear! What do you want? What would you, ideally, love to experience in your life. It is never a thing that gives you something, it is the feeling of having it. Get associated to how you'll feel when you have what it is that you want.

When I set a firm goal to write my first book I had no idea how to go about it, but all of a sudden people were showing up in my life who showed me what I needed to do to get the job done. Within 11 months I had 3 self-published books sold into 30 countries in the world. When I set the goal I had no idea how to make this happen - I simply decided I would do it. The "HOW" shows up?

Personally I think we should care about our future - because that happens to be where I'm going to spend the rest of my life.

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