

The Hungry & The Committed  
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Are you hungry and committed? I suspect that you are, or else you wouldn't be a subscriber to a newsletter that focuses on the achievement of goals.

A number of years ago I attended an event in Kona, Hawaii. This particular event was part two of a three part 21 day seminar event. This event ran for 6 days and the hours were incredibly long; much longer than most business seminars. This seminar would run for 16 - 18 hours a day. In the middle of the week a group formed called "The Hungry & The Committed". The purpose of this group was to re-enforce the information we were learning in the 16 - 18 hours each day. They brought in additional speakers and we had extra sessions. Can you imagine? We were already in sessions 16 - 18 hours a day! And, now we were invited to additional sessions. These sessions were completely optional. When The Hungry & The Committed group was announced I assumed only a handful of people would attend. The total attendance for the event was 700. Surprisingly enough, quite a large group of people joined The Hungry & The Committed. Although, after a few of our "extra" sessions, the numbers started to dwindle, there was still a core group of hungry and committed individuals.

I realized that the 700 people who took time away from their family, invested the money and the energy to be at this event were already hungry and committed, but sometimes, maybe that little extra effort is required, (providing it doesn't hurt you, your family or someone you love). The Hungry & The Committed group was organized to have meetings and sessions during the breaks, and the timing was respectful. In other words, there was still enough time for breaks and we found ways to make the time more meaningful and impactful. At the end of the event I got an immense amount of value from being part of this group, and I know my entire experience wouldn't have been at this high level if I hadn't joined The Hungry & The Committed (and stayed with it for the duration of the event).

Why am I writing about this now? I just finished reading another great book called The Instant Millionaire by Mark Fisher. A friend of mine told me about this book and I immediately bought a copy and read it. As I was reading the book I thought about the areas where people struggle the most, and I believe it is in mastering certain fundamental goal achieving skills; like FOCUS. I also believe that everyone is unique and for some they may have FOCUS mastered, but for another they struggle with it every day. I also see lots of consistencies with people who strive for goals, for example, they know what they want but because they don't know how to get it, they never bother to try. They also have no faith, and "doubt" and "fear" are their silent killers of dreams.

I'd like you to think about what you need to do to make 2004 a goal achieving year. Become Hungry & Committed that 2004 is your year to really kick butt. Think about the

areas that you need to master. For example: Faith, Clearly Defining Goals, Self Confidence, Focus, Overcoming obstacles and the list can go on. I suggest you choose 12 areas and focus on mastering one of those areas each month. Not stopping on one and moving to another, but mastering one skill and then keep re-enforcing it while you move on to master another. Basically, a building blocks approach. By the end of 2004 you should have mastered all 12. But, to make this work you have to be Hungry & Committed. Next year when I work with my one-on-one clients in our Mentoring program this is precisely what we will be doing. I'm Hungry & Committed to see you and my clients get lasting results, and you'll see it in next year's Achieve Your Goals Newsletters.

Start to become truly Hungry & Committed. We'll have our own "The Hungry & The Committed" Group. Will you be part of it?

Warmest regards to you and your family for an exceptional holiday season! See you in the new year!

Peggy

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On Being a Dog with a Bone

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