

Time to Raise the Bar  
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Let's make a commitment to make 2004 your best year ever. It is time to raise the bar and get focused on creating an extraordinary year and I'm here to help you get started.

How do you begin? I'd like you to take on this exercise with a "no-limit" attitude. When you are in a mindset of "no-limits" anything is possible. When it is time for you to sit down and really think about your goals for 2004, make sure that you are feeling totally energized. Do this exercise when you are feeling "on top of the world" and if not, then get yourself in that "state" before beginning.

We're at the time of year when people start to think of New Year's resolutions. A resolution is a declaration, a commitment, a decision, a promise or an oath. What is your commitment for 2004? What would you like to accomplish this year? Where would you like to be at the conclusion of 2004? By December 31st, 2004 what will you accomplish? What goals would you like to achieve for yourself? What strengths would you like to develop? Who would you like to become? Assuming you could achieve any outcome, what would you choose?

Write out a commitment (declaration) to yourself. Start it with these words: "In 2004 I intend to ..... " and continue with what you would ideally like to have, do or be. Here's some examples:

In 2004 I intend to possess assets worth \$250,000 or more and be aligned to double those assets each year following for the next 4 years until I reach millionaire status.

In 2004 I intend to fully enjoy a committed, honest, devoted, fun and passionate relationship with my life partner.

In 2004 I intend to be completely patient and harmonious.

In 2004 I intend to be recognized for my outstanding and beneficial contribution.

In 2004 I intend to enjoy multiple (4 or more) quality, fun, joyful vacations with my loving family.

In 2004 I intend to celebrate life in unique and meaningful ways.

In 2004 I intend to love more fully.

In 2004 I intend to show the world my greatest strengths.

In 2004 I intend to be in the best shape of my life.

In 2004 I intend to express my appreciation and gratitude every day in many ways.

I'm certain these ideas are enough to get you started. When you write out your commitment to yourself for 2004 please include as much detail and description as you can. Get in touch with the feelings you will have when you see yourself already achieving your intentions (goals). And, when you've finished with your "declaration", detach yourself from the outcome, knowing that the perfect outcome always occurs. Stay focused on your goals, but don't get obsessed with them. Many times you've heard people say that it isn't the achievement of the goal that is the greatest glory, but the journey toward it. Enjoy the journey.

Also, once you've made the declaration of your intentions for 2004, do not put it away and not look at it again for 364 days. Keep your declaration in front of you at all times and read it out loud.

The next step is to look at who you need to BECOME in order to have these goals and get to work on these states of "being".

Once you understand who or what you need to BECOME, then immediately start to BECOME those states of being. Let's take an example from above. Let's assume that one of your intentions is to fully enjoy a committed, honest, devoted, fun and passionate relationship with your life partner.

What do you need to BE in order to HAVE that kind of a relationship? You need to BE committed, honest, devoted, fun and passionate, and of course, loving.

Whatever it is you want to have, you must first BE. If you want love in your life, you must first BE loving. If you want prosperity in your life, you must first BE prosperous. It is so simple and so misunderstood. But, I'm here to tell you, that is precisely how the universe works - it's simple and it works!

"Being" is also known as "feeling". If you are feeling prosperous, then you are being prosperous. Some people struggle with getting into a state of prosperous, but sometimes you have to "fake it until you make it". When you practice the feeling, eventually you will have the genuine feeling, but you won't get there unless you practice. Wayne Dyer uses the analogy of playing tennis and hitting the ball backhand. How do you get good at hitting the tennis ball backhand? You practice. It works the same with states of being. If it is uncomfortable for you to "feel" prosperous, keep practicing until it is no longer uncomfortable and it becomes natural. It may take time, but it totally depends on how much practice and effort you put into it.

As a second exercise (after you've completed your declaration), write out the following:

I intend to BE..... and then list the attributes that are necessary to HAVE all of the goals that you've set for yourself.

We'll use the examples above as a guide. If you were going to write out your states of being based on the intentions written above, you would have a list that looks something like this:

I intend to BE loving, determined, patient, honest, devoted, committed, fun, passionate, kind, appreciative, grateful, joyful, happy, prosperous, responsible, expressive, harmonious, considerate, beneficial, contributing, caring and creative.

The power of goals is intensified when you stay focused on your goals. Put "systems" in place that will keep you focused on your goals by reading your goals every day, feeling what it feels like to have achieved your goals, visualize yourself already in possession of your goals and treat yourself and others as if you've already achieved them. It isn't difficult, it just takes some discipline and a raising of the bar.

Let's make 2004 your best year ever!

Peggy McColl

Author of:

On Being...The Creator of Your Destiny

The 8 Proven Secrets to SMART Success

On Being a Dog with a Bone

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