

Discover your Potential

To achieve we must have goals. When thinking about your goals, you need to be specific. A vague goal of wanting to lose weight won't get you anywhere. You need to know where you're at before you can be realistic with your goals and time frames. Find out what your body fat percentage is, your muscle mass, measurements, understand where you are today. Then plan how you will get there and by what time frame. The more you plan out your goals the more likely you are to reach them. You'll feel excited and feel ready to get started on your new plans. We all get more things done when we are excited.

You may set goals with any areas in life. Define what it is you want, what do you want out of your personal relationships? What do you want to achieve with work, or financially? This time of year is also a good time to reflect and make changes. What things do you need to change, what habits caused you destruction, what habits worked for you? When do you feel best, when do you feel worse? What does your perfect body look like?

Your goals will be much easier put into practice if you really think about what you want. With the goals clearly defined you'll then be able to make the everyday choices to lead you towards the right direction. Be proactive about your goals. Don't wait and hope for the right time, it will never come. Opportunities are created by you, your desire and drive. We don't get results without effort. Accept it. Stop searching for a quick fix. Did it work this year? Or the year before? That's what I thought. Create action. Simply having a goal doesn't work. Step outside the comfort zone and start doing. Same produces same. Procrastinating and over thinking produces nothing. But being uncomfortable makes you grow, change and be a better you. The hardest part is starting, but once you start you'll have the momentum, the excitement, the results and you'll wish you had only stopped being lazy earlier. Don't wait to 2011. You can start today.

Don't forget you must believe in your goals. Believe in them 100%. The power in reaching your goals is in the mind, think positive and believe you can and will. If you can think it, it is possible. Think big and reach your potential.

Motivational Tips

1. Carry your goals with you all the time. Write them in your phones notes, or on a small piece of paper. When waiting around, take it out, remind yourself of them.
2. When you wake, and before you go to sleep, read your goals. If you start the day reminded of what you want to achieve you're be more likely to make the conscious choices during the day. Create the day in advance.
3. Visualise yourself reaching the goals often. Imagine what you will look like and what you will feel like. Create the pictures in your mind and the emotions of having it now.

"Your imagination is your preview of life's coming attractions." - Albert Einstein