

Inspiration or Trepidation?

With the frantic holiday season now fading into memory, and a brand new year dawning before us, we are granted, once again, a renewed opportunity to *'do it different'*. Each year as we celebrate the holiday season, many of us will quietly (or loudly) proclaim our goals and dreams for the coming year. Some will begin with a burst of energy that may slowly wither over time, whilst others will begin by rationalizing away their lack of focus and direction- choosing to wait for their dreams and goals to happen in spite of themselves. What kind of goals are you committing to in 2007?

Each year, many of my friends and family will debate the merits of annual New Year's resolutions. Some will argue that many goals are impractical or unrealistic; some may set simple goals which are easy to achieve and still other's will celebrate their strength and determination and the measurable successes of each closing year. Ultimately, goal setting is an annual ritual which can either empower or overpower us.

Since each of us has exactly 24 hours in a day – no less and no more - how is that some people are living a life of opportunity and abundance while others drag through each day feeling unfulfilled and fatigued – dragging their tail as it were? The difference is Choice. You can either do things the same as you have always done them - producing the same results, or you can choose to do things differently. Either way, it's your choice. And it is that power of choice that will ultimately determine your destiny and the fulfillment or demise of your hopes and dreams for the future.

"If dreams are born from imagination, then goals are born from a promise. Knowing this, set your goals with great care because when you set them, you are promising yourself exactly what you expect to get out of your life."

~ Kent Madson

The difference between a dream and a goal is just a date. Goals are "*Absolute Will-Be's*" and "*By When's*", personally committing to making them come true. There's nothing more critical to your performance outcomes than setting specific goals and holding yourself accountable for each and every one of them.

Take the time this year to reflect upon what resources you need in order to achieve those New Year's dreams and goals – to make them a certainty in your life. Commit this year

to investing in yourself and to the power of your own performance - live your life on purpose in 2007, rather than by accident.

This year, create goals that are inspiring enough to ignite your spirit and compel you to take immediate and sustainable action. Make this the year that you choose to turn your goals into reality. Plan for success by focusing on:

- What are the major *milestones* for this goal?
- Who are the top three *people* you can get to help with this goal?
- What are the top three major *resources* needed to obtain this goal?
- What major *activities* will this goal require?

This year, don't waste your energy on the small stuff. Big goals are no more difficult to achieve than small ones. Focus your attention on a goal that drives you to do whatever is necessary to turn it into a reality. Believe in yourself and your ability to succeed. Tap into your passion and enthusiasm and watch your dreams take flight - you have the power and the ability to make it so.

May 2007 be only the beginning of the most awe-inspiring years ever!

About the Author:

Faith Wood holds a Master & Trainer Designation in Neuro-Linguistic Psychology (NLP) and is an internationally certified Hypnotist. Her experience as a Peace Officer and Crisis Negotiator contributes to her knowledge and high level of skill in working with individuals in both conflict and stress. Faith is available for personal & business coaching, hypnotherapy and training sessions. You can learn more about the company by visiting www.imind.ca.