

Episode 0018

Goals

Show Transcript



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Presented by Dr. Gala Gorman

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00:04

Dr. Gala Gorman: Now that you are starting to feel some emotions and some energy around this and what this actually is going to do for you ...

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict ... alive, alert, awake and aware of life's possibilities.

00:48

Dr. Gala Gorman: This is Episode 18. In this episode, we are going to do something about the divine discontent in our lives. We are going to learn to set goals that are motivating. Goals can be tricky. There's a reason why so many abandon their New Year's resolutions within a few days of the start of the new year. Effective goals have a comprehensive plan and typically quite a bit of preparation ... but they also have another component that is the driving force. Goals need a big why! I'm Dr. Gala Gorman and I'm an Awareness Addict. Let's find your why and make your goals unstoppable.

01:05

It helps to know we're not alone. There is much we can learn from each other. No need to recreate the wheel. As Awareness Addicts, we keep an open mind and trust that the information we're looking for is seeking us. This article

will provide some insight to help apply what we're learning in this episode.

This article that I found to work with today was on the Huffington Post. It was titled, "10 Reasons Why We Fail to Achieve ... whatever it is ... That We're Trying to Achieve." There are a couple of these 10 reasons that I thought were particularly interesting.

02:03

Number 3 in this article is not a strong enough "WHY." The article says, "What does your goal mean to you? Why have you set it? We sometimes chase after things because others expect us to or to keep up with our peers or the "Joneses", if you will. When we set goals for the wrong reasons and chase after things we don't really need or desire; we aren't driven to pursue them, commit to them or achieve them and end up wasting a great deal of time, energy and money that could have been spent pursuing things that resonate with us."

02:40

Another one of the 10 reasons is number 8. Not being committed. The article says, "You know what I am talking about! That diet that's started with the very best of intentions on Monday but ends up that very day ... as soon as your co-worker walks into the office with a box of donuts. 'I don't want to offend her, I'll have just one and start the diet tomorrow', you say." Unless one is fully committed to following through with what one has set to do, reasons and excuses will always pop up that will derail you or cause you to postpone actions you need to take that support your goals.

03:18

I'll just share a recent experience. We were staying at a new hotel. My husband puts the stopper in the sink when he takes out his contact lenses. The next morning ... it's not a problem at home as we have two separate sinks so I don't have to deal with it. But, when we are in a hotel, we typically only have one sink. He regularly doesn't put the stopper

back up. The next morning, I went to brush my teeth and could not figure out how to release the stopper. I looked at it for a few minutes ... looked to see if there was anything obvious. Finally, we ended up calling the maintenance man who showed us the “trick.” Actually, it was ridiculously easy ... it just wasn’t what we were used to. I felt really stupid. After a bit of reflection, I realized that I didn’t try too hard to figure it out. I lacked commitment and a BIG why. No wonder I failed. I didn’t even try. This is another big reason we fail ... we don’t want to feel stupid so we don’t even try. This was a great teaching moment for me! How does this show up in your own life?

04:32

Let’s take a moment to develop awareness. This is something you can practice anywhere ... anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we’re going to breathe intentionally. We’ll start by breathing deeply into our belly. Breathe deeply ... expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let’s do that again. Breathe in deeply ... all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we’ll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides ... or you may feel it expanding your back. Just notice how that feels. You’re stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

06:50

Do you have trouble setting goals? And, if you do set goals, is it a challenge to stay motivated all the way to achieving them? As we become aware of the sources of divine discontent in our lives, we may feel compelled to set goals to get the change process started. Goals can be tricky. There's a reason why so many abandon their New Year's resolutions within a few days of the start of the new year. Effective goals have a comprehensive plan and typically quite a bit of preparation ... but they also have another component that is the driving force. Goals need a big why!

07:26

I'm calling this episode Divine Devotion ... Proving Your Commitment. We talked in episode 10 about failure and how important it is to allow ourselves to fail. I encourage you to go back and listen to episode 10 ... either for the first time or again. I'm not going to go into detail about that here in this episode. But, it's really an important concept and we don't realize how much we hold ourselves back by not wanting to try as I mentioned a few moments ago.

08:14 In the next episode, episode 11, I talked about the lack of planning and preparation and determination. This was part of our examination of the Stages of Change and how change actually happens in our lives. This is another episode that will help you pull this all together in your own life.

The really important point that I want to make in this episode is how important it is that you have a clear and big WHY for any change that you are making in your life. You are going to need to define what you really want.

09:05 As was mentioned in the article we looked at a few moments ago, most of us will say we want something. But if we are questioned about it, "Why do you really want that?" many of us will say, "I don't know. I just think my life would be better if I had it." If you really have a big WHY, you can clearly state three big reasons why your life would be better ... why this would make your life feel more full and fulfilling. As you pour some life into these three big reasons, you're going to feel your emotions start rising and feel some passion come to life around this big WHY.

10:01 What's happening here is that you're having a chemical rush in your brain ... that dopamine-feel-good-charge is happening. That is going to fuel this desire that you have ... or goal ... and give you motivation to actually bring it to life. If you are still struggling a little bit on how to get to your big WHY, I mentioned that it is really helpful to challenge yourself to come up with three big reasons. If that is not happening for you then go into the WHY or the goal and say, "What will my life be like when this goal is achieved? Once I've actually made this happen in my life, "How is my life going to be different, better, fuller, and richer?" The things I've said the experiences that I want to have, how will all of that come to fruition if this goal is achieved for me?" Paint a really vivid picture. Go into visualization and actually paint the picture in your mind of what that's going to look like for you.

11:33 Now, that you are starting to feel some emotion and some energy around this and what this is actually going to do for you, it is important to start to anticipate some of the obstacles that you might encounter. This would have likely happened already since it's something that's important to you if there weren't obstacles that you knew that you were going to meet with. Maybe you feel like you don't have enough extra time. Or some of the things that are required are going to take financial resources and you don't know where that's going to come from. Maybe other people in your life ... people that you are in relationship with ... present an obstacle.

12:24 If you will anticipate those obstacles and begin addressing them before you launch into taking action ... again, if you go back to episode 11 where we talked about the Stages of Change you will understand this a little better. Since addressing these obstacles belongs in this planning and preparation and determination stage, once you've addressed these things then when you take action you can just run with it.

12:59 Lastly, as we sort of put a ribbon on this, when you start looking at this goal that you are putting together ... and assembling all of its part and what's going to need to happen in order to bring the goal to fruition, you now have a picture in your mind ... the clear picture of how your life is going to be better with that goal achieved ... you then will anticipate the obstacles and come up with ways that you can work around them.

How is this feeling for you? Is it feeling really good? Warm, fuzzy, and a big YES? Or, is it, "I don't know. This is really going to be hard. I'm not sure I really want to take on everything that I'm going to have to take on to make this happen." At this point, how you are feeling internally ... that internal state ... is a clear sign of whether you've got this defined enough in order to really move forward.

14:14

If you don't, keep breathing life into that vivid picture. Keep looking for obstacles you have that you haven't identified ... that are there in your subconscious. Keep working with this until you get to the point where you feel good about it and you can earnestly give it a big YES.

14:42

What's your takeaway for today? One little "aha" and your time will be well spent.

Everyone seems to have an opinion about goals. Do they or don't they work? Should you or shouldn't you set them? Is there a better alternative? In my opinion, goals aren't the problem. We can use different language to describe the process of achieving something we would like to experience in our lives. That's just a detour. The problem lies with the goal setter. If we set a goal that we aren't committed to, even if we do achieve it ... it will fall flat. That's not going to solve the real problem which is the divine discontent. We need to start by getting to know ourselves so that the goals we set get the job done!

15:30

Question:

When I wake up in the morning, I have really low energy. It's hard to motivate myself to get out of bed. I find it difficult to express myself freely with the people in my life ... I always feel so drained. How can I be bright and joyful ... so that I can respond to stressful situations that I face?

15:52

Dr. Gala Gorman: First, thanks for submitting your question. If you don't feel like you can express yourself freely ... be who you really are, it's understandable that you feel low. Since I'm not familiar with your personal relationships, I will acknowledge that it may not be safe for you to change the way you relate to them. And, you have no control over the way they are. So, you need to find things that create joy in your life that don't depend on them and how they perceive you. I suggest you start by considering things you like to do that feel creative. Most of us quickly jump to creating art but there are countless ways to express creativity. Give yourself permission to change your appearance. Try out a new recipe. Explore a new area where you live. Do something you've been saying you want to do but haven't made the time for. Make a date with yourself. You don't need companionship. This time is just for you. Try this once a week for six weeks and let me know how you feel.

16:58

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting AwarenessAddicts.com/AA. In just a few minutes a day, you'll stop negativity in its tracks ... and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at AwarenessAddicts.com/Episodes. Don't waste

another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

17:59

Dr. Gala Gorman: You may be feeling a bit overwhelmed. It takes energy to make changes. We have to choose our battles. Where will we reap the most benefit from applying our resources? There is a key that we can use to help us sort this out. We're going to apply the Pareto Principle as we consider the changes we want to make. In the next episode, we'll identify the actions to take that will produce the big results. You don't want to miss it.

18:34

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit AwarenessAddicts.com/Episodes. Thank you for tuning in.

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