

Playing with Life

7 Ways to Attract Your Goals

August 4, 2008

Our Lives.

Our daughter Sunny completed moving herself and family on July 31. Nancy and I have worked hard – very – because since last week (and for 2 more weeks) they are living with us – squeezing a quart of family into a half pint house. (just a glitch between vacating her old place and closing on her new)

Coaching

When you set a goal you are also saying that you don't have it. So you would seem to be setting up both attraction and distraction. What can you do to align with attraction?

1. Know that your life is absolutely okay just as it is, without achieving the goal.
2. At the same time realize that you deserve to have the goal.
3. Create an affirmation for the goal and say it twice a day.
4. Create visual reminders of the goal. Make sure you see them often.
5. Share your goal with supportive people
6. Be complete with every reason you have for saying 'no' to the goal
7. Take daily action to achieve the goal

The Coach Recommends: For Your Friends

Coaching can be pithy and still worthwhile. I would appreciate your passing this on to your friends; so will they.

Useful Quotes

If an expert says it can't be done, get another expert.

David Ben-Gurion

Most people seek after what they do not possess and are thus enslaved by the very things they want to acquire.

Anwar El-Sadat

You must lose a fly to catch a trout.

George Herbert (1593-1633)

Those means recommended in textbooks as the best, means perfectly appropriate for the template case, turn out to be completely unsuitable in individual cases.

Anton Chekhov

Abundance is not something we acquire. It is something we tune into.

Wayne Dyer

From you, on Commitment

Ever since I asked you to send in your notions of commitment, replies have been coming in. I particularly like this one from **Karen**:

Have you ever “accidentally” committed yourself right on top of a previous commitment?

– yes, often. How it works for me is I drop out of social existence, decide I want to participate again and then overbook myself. Then I suffer. I usually keep the commitment that involves others- but I used to sleaze out on my kids because they would forgive me. I try not to do this anymore and I am mostly successful. I do not always keep my word with them but I know when I am feeling bad to look for where it's out with them and I clean it up with a simple acknowledgement of where I did not keep my word.

Other people are not so easy -

I have been studying how to resolve the situation. Either way I have broken my word. I need to communicate with whoever I have to so I can be responsible and renew my commitment. One of the things I know about self sabotage is to apologize to myself, too – not beat myself up with guilt or shame, or other judgments.

This is good - most of the time I forget to accept and forgive myself. I beat myself up. That's ego. I should be "perfect". Or at least better than somebody else!

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usually what I do is choose the larger commitment, without thinking it out. Some of it has to do with looking good, some of it with not wanting to disappoint people.

example: I told myself I would get to bed early after writing a very important fax. Then I let myself get short of sleep, forgetting that I said I would go to visit a seminar.

I used to go to the seminar, then suffer later. This week I decided to stay home and take care of myself so I would be fresh for work. But I still did not write the fax until the next day.

This was not a huge formal commitment, but a more or less casual one - it did not seem to matter too much. But the same thoughts came up about why I did this when I did not have to cause myself a conflict at all. I have been avoiding difficulties - like late nights at the seminar when I have to work the next day, even though I know they are very valuable to me. If I took better care of my health and planned better it would not be too much effort to get to bed at 11 on a weeknight.

So that is a conflict in a larger well being context. Completely unnecessary!