

How to choose the right goals to focus on.

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By Christos Varsamis

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Sometimes setting goals alone is not the only problem that you must face. Sometimes, choosing the right goals to begin with is harder.

Basically, you can choose to work any goal that you feel is necessary for your health, stability and happiness.

Goal setting is nothing more than a formal process for personal planning. By setting goals on a routine basis you decide what you want to achieve, and then move in a step-by-step manner towards the achievement of these goals.

The process of setting goals and targets allows you to choose where you want to go in life. By knowing exactly what you want to achieve, you know what you have to concentrate on to do it. You also know what nothing more than a distraction is.

Goal setting is a standard technique used by professional athletes, successful business people and high achievers in all fields. It gives you long term vision and provides you with short term motivation. It helps to focus your attention and knowledge which helps you to organize your resources. By setting sharp and clearly defined goals, you can measure and take pride in the achievement of those goals.

You can see forward progress in what might previously have seemed a long pointless effort.

By setting goals, you will also raise your self confidence, as you recognize your and ability to meet the goals that you have set. The process of achieving goals and seeing this achievement gives you confidence that you will be able to achieve higher and more difficult goals later on.

Goals are set on a number of different levels. In the first place, you decide what you want to do with your life and what large scale goals you want to achieve.

Second, you break these down into the smaller aims that you must hit so that you reach your overall lifetime goals. Finally, once you have your plan, you start working towards achieving it.

Christos Varsamis is the creator and publisher of the <http://www.settinglifegoals.com>

Reach Your Soul Goals Now

By Julie Jordan Scott

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Reach Your Soul Goals Now C 2005 Julie Jordan Scott Here is a concept which might surprise and delight you, like it did for me. First, I am a big believer in Goals: Setting them, expanding them and allowing them to manifest magically in ways I never imagined taking form as I reach them. The Goals which empower me the most are something I call "Soul Goals." Look at that word, "Soul." Here comes the concept which might surprise and delight you. When you consider a Goal that is filled with Your Soul, look at the letters that stand in the middle of the word, Soul. The letter "O" and the letter, "U". Now put those letters into words. "Oh – You!" Can you remember a time when you bumped into someone you weren't expecting to see and you were so thrilled to bump into them that your heart leapt with joyful celebration? I have done that several times – and each time I do it, my heart says those two words, sometimes paired with other words as well. "Oh, it is you! WOW! Is it? Yes, it really IS you!!" Julia Cameron wrote in *_Letters to a Young Artist_*, "There is one trick to setting goals, I think. And that is to always leave enough room for the divine to enter." When you connect Your Soul to the Divine, this is where miracles are birthed through whatever you create – from there? Celebration, delight and incredible rewards are yours. Your Soul celebrates when we settle into goals which nurture and celebrate your being, that call your destiny into fruition. Your soul celebrates when your goals are coated with authenticity and are a reflection of the gifts you have been given by a divine source. Your soul delights when you choose to focus on what is right, what aligns with you – your soul lights the way when you agree to take inspired, heartfelt action. Today, choose your soul and honor its goals.

Award–Winning–Life Coach, Writer, Speaker, Actor and Director Julie Jordan Scott has created several unique programs for you to discover how to Passionately Say Yes – and reach your Goals, live your dreams now. Check out the Fr*e*e Writing Group



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