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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Prerequisite Qualities For Optimum Goal Setting

By Ke o agile Khiba

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The minute you set a goal, you are creating a 'mini crisis' in your mind. You're telling your mind about a journey you are considering. In simple terms you are stating where you want to be in relation to where you are. And in between these two is a chasm, a gap.

As far as your mind is concerned, the ability to achieve your stated goal is mostly dependent on your mental qualities and skills. Selfish mind, right?

Maybe not, but the point is, this is the area on which your success hinges.

So, here are the mental qualities you need to optimise your success.

- a. concentration
- b. emotional balance
- c. imagery and
- d. perspective

Lets take a look at these in detail.

a. Concentration

Concentration is a process of paying attention to certain things to the exclusion of others. The beautiful thing about it is that it is easy to concentrate. Simple! Focus on your goal, and all the unnecessary distractions drop out of your attention span naturally. This means you do not have to worry or focus on getting rid of the distractions.

I have heard it said that 'where thought is directed, energy flows'.

WORD OF CAUTION: Do not concentrate so intensely to the extent that you lose sight of the bigger picture. Focus, but be aware of what's changing around as far as your goal is concerned.

b. Emotional Balance

Emotional balance refers to how well you juggle too much effort (mental and physical) and too much relaxation. You do not want to be so focused, you experience burn-out along the way. And you do not

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want to take things so easy, you lose momentum!

How much are you prepared to put into those activities that help you achieve your goal, and what is the effort required?

I suppose it's much helpful to exert and relax adequately, stretch and take a break!

c. Imagery

This is one critical quality that conventional methods of goal setting gloss over.

Rich imagery is central to the mental qualities you require to optimise your success. What do I mean by 'rich imagery'?

Rich imagery is made up of the qualities in your pictures, feelings and sounds. These qualities combine

in different ways to enhance your images.

Here is a quick sampling of these qualities, referred to as submodalities in NeuroLinguistic Programming

Submodalities for picture would be brightness, contrast and shade. Submodalities for feeling would be texture, temperature, hardness and softness. And submodalities for sound would be volume, rhythm, timbre and tone

These submodalities make the imagery you choose to use, more effective. And you can adjust them as you want, to create a more richer experience.

In goal setting, imagery is used to precreate the achieved goal in your mind. Just like a dress rehearsal. If you can see it, you can have it!

To make the most of imagery

- be aware of the sounds, pictures, and feelings
- make them as clear and as vivid as possible
- add and adjust submodalities according to your preferences. The richer the better.
- immerse yourself in the experience

d. Perspective

The world you live in is a system. One thing that you are doing right now has far reaching implications than you may be aware of. And on top of that, you are being affected by a myriad of influences you may not be aware of.

What does this have to do with goal setting?

While you are going for your goal, concentrating intensely (I hope), maintaining the right emotional balance, and using imagery effectively, keep checking how your world is changing and how you are moving towards the future you are attempting to create.

It will be a disaster to try to do one good thing (setting your goals properly), only to spoil your efforts by

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pretending to be living in a vacuum.

There you have it folks, now you know the prerequisite qualities for optimum success in goal getting.

Now, before you expend any effort in chasing your passion and goal, do a quick check to see if you mentally have what it takes to get there.

Ke o agile is an NLP Coach as well as editor/publisher of In TheZone (<http://inthezone.port5.com>), an NLP focused ezine that coaches creating an abundance lifestyle. Ke o agile also blogs at <http://inthesuccesszone.blogspot.com/atom.xml>

The Kaizen of Goal Setting

By Ke o agile

There is an old way of goal setting and a new way of goal setting!

The old way of goal-setting involved setting your goals, preparing a list of sub-goals, and then carefully checking them off one after another (as and when they were being accomplished). Am I trying to pour cold water on the goal setting method many of us grew up on?

Not necessarily

While I am not saying the step-by-step approach does not work, I am advocating a flexible-goal setting approach.

The flexible goal-setting approach acknowledges the presence of chaos and unpredictability of our modern times, where change is rapid and conditions shift in an instant.

What's more, a tiny weeny change nowadays has the potential to create major upsets and instability.

Enter the flexible goal-setting system. And, this is how it operates.

Set big-picture, life-enhancing goals with flexible sub-goals that you can adjust to fit in with shifting conditions. The simplest way of putting this into practice is to build into your goal-setting, daily incremental steps that aggregate into your vision. Add to this sub-goal A, sub-goal B, sub-goal C, maybe sub-goal D.

Remember, each sub-goal must be flexible enough to respond adequately to the requirements of the shifting conditions.

You don't want to throw your hands in the air in desperation because your plans and goals have been derailed, do you?

Well, the 'Kaizen of Goal Setting' is about knowing the difference between the old and the new, and

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applying it to your goal setting.

Ke o agile is an NLP Coach and Publisher of In TheZone, an NLP focused ezine for capacity builders in the personal and professional skills development areas. In TheZone can be accessed freely at

The Kaizen of Goal Setting

5 Things You Must Do If You Want To Create Optimum Health

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How to choose the right goals to focus on.

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