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**The 5 Inner Enemies That Will Stop You From Achieving Your Goals**

**By Veronica Lim**

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– by Veronica Lim

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Sometimes we are our own worst enemy.

We aren't born that way nor do we mean to be that way, but it can often come about because of our past experiences, what someone may have told us, what we've read in the papers... and then without realising, we develop these inner enemies. How many of them can you identify with?

(1) The Confused Indecision-maker

You will often hear the Confused Indecision-Maker complaining about the way things are, and how much better it would be if things were different. It's often "someone else's" fault too. But if you stopped them and asked, "What do you want then?" they usually find it hard to give you an

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answer. They know what they don't want, but they don't know what they do want. As a result, they don't make decisions that will take them closer to what they want, nor do they recognise it when what they want is staring them between the eyes.

### (2) The Historian

There are three aspects to the Historian. The first is that historians think that because it hasn't happened in the past or that they haven't made it happen in the past, that it won't happen in the future. The second aspect is that they keep on thinking with the same mindset as in the past, and

so never begin to see things with a new perspective or come up with new ideas. And the third is that they are continually bemoaning how wonderful things were in "the good old days" that they fail to notice what's good about today.

### (3) The Doubting Thomas

One of the favourite utterances of the Doubting Thomas is, "See! I told you so!" The Doubting Thomas is the person who either thinks that it can't be done or that they can't do it. So they don't put any effort into getting what they want, and then, when it doesn't happen, they get to be right! At other times, the Doubting Thomas may well put effort into getting what they want, but then spend their time worrying about it and wondering if it will ever happen. This causes them to feel stressed and tired.

### (4) The Scaredy Cat

Part of the "price" for achieving our goals is to move outside of our comfort zone and to do some new things that we may not have undertaken before. The reward is that this helps us to grow as a person. It takes us to new heights, while also enabling us to experience adventure and fun. The Scaredy Cat though, will prefer to stand on the sidelines, watching others do what they do and marvel at how courageous and clever other people are. Often, Scaredy Cats are great at cheering others on, and they may "excuse" themselves for not venturing out of their comfort zones by being "modest". But deep down, they may secretly wish that they were brave enough themselves too... if only they could overcome their fear of failure.

### (5) The Scatterbrain

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"Roll up, roll up! This is the latest and the greatest!" So the Scattergun diverts their attention yet again to the latest good idea and that becomes their new goal. The trouble is that they haven't allowed sufficient time for their earlier ideas to germinate and to take root, not to mention taking appropriate action, before they are off again, chasing the next rainbow.

So, be willing to meet your enemies face to face! Greet them! Thank them for having been there in the past, but now be courageous enough to bid them good-bye. And in their place, embrace the person you want to become.

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Veronica Lim is a leading author, speaker and executive coach with homes in London and New Zealand. Veronica went from zero financial assets and a mindset of financial worry to having a clear sense of financial well-being in less than five years. She now teaches people how to do the same in her book, DARE To Be Happy...<http://www.daregoals.com>

### **It's The Ride That Counts**

**By Selena Richardson**

Having goals is a good thing. It means that you're willing to take the first step to achieving those goals. When you write down your goals, articulate them on paper, that's the first step to achieving them.

But what about the second step, the third and the fourth and so on? If you persevere and keep focused you will eventually reach the goals that you set for yourself. But when you finally reach that goal, how will you feel about it?

Will it be a sense of accomplishment and pride? Or will it be more of 'yeah I finally got it done' and you're just happy that you've gotten it over with?

The route you take while pursuing your goal determines how you feel about it at the end. It's the ride

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that counts. Have you been on a road trip where everything that could go wrong did? How did you feel when you finally got to your destination? Pretty worn out, huh? Now what about a good road trip where everything went smoothly? You were probably still tired depending on how long the trip was but you were a bit happier when you got there.

See, it's how you get there that counts. If you're miserable during the entire trip, you're going to be miserable when you get to where you're going. I've had too many road trips where everyone in the car was cranky during the entire ride and as soon as we got to our last stop, the crankiness only continued on. Sure we were glad to get there but only because we were finally there and able to get out of the car. We were just glad the trip was over and still quite a bit cranky too.

But when the road trip is smooth and fun with no accidents or construction or any mishaps, not only are you happy during the ride but you're ecstatic when you get to your final stop. You're not as tired and worn out as you would have been if it were a bad trip.

It's the same thing with your goals. You're more appreciative of achieving your goals if you have fun with it while you're working on it. So enjoy the ride, have fun and there will be a lot more satisfaction when you reach your goals.

Selena Richardson believes in following your dreams and creating the life you want. To receive more articles like this and a free ebook, subscribe to Creative Possibilities by sending a blank email to

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