



# Goal Setting

By Phil Golding

When we set a goal, we are focusing ourselves on a definite course of action. In the course of trying to create this particular outcome, we inevitably run into obstacles in the form of other people, physical and environmental limitations and, in particular, our own negative conditioning. This unpredictability must be accepted as part of the journey.

To our unaware ego, this can be a source of frustration and inevitable conflict. The ego thinks events should unfold precisely the way that it wants. Our ego, however, is just being grandiose. Our ego often thinks it has some sort of godly powers over life, the universe and everything. But then in the next moment, it thinks it has no power at all, because it starts blaming others when things go wrong. We don't like accepting that we are human and therefore often confused and unaware, just like the other human beings we are relying on to help us achieve our goals. This is reality and therefore an inevitable and natural part of the journey.

We cannot know all the variables and so the outcome of any goal is in many ways unpredictable. Rather than getting attached to the outcome that we think is necessary, we need to be open to positively working with whatever the moment brings. This positive approach brings inevitable success, but not always in the form we expect.

The more we accept what comes to us in every moment, including our humanness, and positively work with it, the more efficient our journey to our goal will be. While we are working toward accomplishing a chosen goal, we are learning, healing

and growing along the way.

Setting goals is essential for giving your life conscious direction. Goals can be short, medium or long term. If we don't take responsibility for our direction in life, we risk being taken over by our negative conditioning and also by other people's agendas. We risk not paying attention to what feels right for ourselves.

Regularly keeping track of your goals and your progress in your journal is essential to success. If you don't, it is very easy to get distracted and forget your intentions. Six months later, you may suddenly remember the goal that you set and wonder how you lost track of it.

Using your journal in this way is like managing a business, your life business. A manager is lost without his/her work dairy and frequent staff meetings that keep track of progress and problems. Your mind is the staff, who you have been given the responsibility to manage.



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