

The Keys to Achieving your Dreams by David Shephard

Have you ever experienced setting yourself goals only to be disappointed by not having them happen the way you set them? I certainly have. Goal setting was the first subject I was introduced to when I discovered personal development. The thought of being able to sit down for a couple of hours, write a wish list of all the things I wanted and have them delivered to me was understandably exciting! The excitement did not last long. Over the next few issues I'm going to let you into some of the discoveries I have made.

You are already creating your life the way it is right now!

Cause > Effect

For something to take place on our planet there has to be a cause. The equation above says that every effect has a cause. Every circumstance in your life is an effect. So what's the cause? From studying those people who were able to create their life the way they wanted it, I noticed that they believed that they were the cause of every circumstance in their life. If something happened to them that they did not want, they would ask themselves the question, "How have I created this?" They would then work with the answer to change the situation.

Now I don't know if we do create everything in our life, but accepting that we do puts us in a position of power over everything. After all, if we create it then we can change it. If somebody or something else created it we are powerless to change it. Listen to the people around you, are they at cause or effect? Are they giving away their power to create the life they want by being at the effect of the economy, the government, their clients, their age, or the business they are in? I think you already know the answer! Of course I know that you don't do that!

Key No 1: *Accept that you create everything in your life.*

Great! You are already creating your thoughts in reality. If you're not getting what you want, you need to change your thoughts.

Your own "Genie of the Lamp" - Your unconscious mind.

Everyone has a conscious mind and an unconscious mind. Your conscious mind is the part of your mind you consciously think with. It is the part of your mind that you are aware of when you read this article. Your unconscious mind is the part of your mind that you are normally unaware of, and yet scientists say that it takes approximately 90% of our brain power. Your unconscious mind has many functions which I will tell you more about in future articles. However a number of them are very important in goal setting so I will cover them now.

1. Your unconscious mind stores all of your memories. Memories of the past and memories of what you think will happen in the future.
2. Your unconscious mind generates all of your behaviour. It controls your body. It is your behaviour that creates the results you get. Your unconscious mind, therefore, creates your results.
3. Your unconscious mind is like a younger brother or sister, it wants to please you by giving you *whatever you ask for*.

You may be saying, "Well I have asked for lots of things and my unconscious mind has not given me them!" I believe your unconscious mind had always given you what you asked for, you just were not asking for what you thought you were asking.

Key No 2: *The human brain cannot represent a negative*

If I say to you, "Don't think of a blue tree", what are you thinking of? A blue tree, right? You have to think of what you don't want to think about before you cannot think about it. Now you know why people do things you ask them not to. Your mind strips out the negatives. How many times have you said things like, "I don't want to be poor", "I don't want to lose this client", "I don't want to be overweight" or "I don't want to smoke". Your unconscious mind gets the message and says, "Okay, you want to smoke". Your unconscious mind gets the message and says, "Okay, you want to be poor, I can do that". "Oh right, you want to lose this client, fine", "So you want to be overweight, I'll start right away". Your unconscious mind does not place a value judgement on the things you ask for; it just wants to give you everything you want.

Key No 3: *You always get what you ask for, so you had better make sure you are asking for what you want!*

So the way that you set your goals makes all the difference as to whether you get them or not.

Key No 4: *Always use the SMART goal process to set your goals*

If you always use the SMART format when you set your goals then you can be sure that your unconscious mind will get the message you want it to get. The SMART format is as follows: