

Get The Piece of Paper Out and Write!

By Laura Silva Quesada

Any time of the year is the perfect time to design it by writing down your goals. By writing down your goals, the year can unfold in just the way you want it to unfold for you. Writing your goals down is the perfect exercise that will shape every year, as you desire it, or BETTER!

"There is no achievement without goals."
Robert J. McKain

Goals reside in the Mind. They are thoughts, and once thought, *and imagined*, they become energy in motion. This energy seems to have a cohesive quality and the ability to attract matter so that matter conforms to it as thought or imagined. The thought is then eventually able to manifest in your physical reality. How quickly your goals manifest often depends on how clear and passionate you are about what you desire.

Goals can be short termed, medium termed, and long termed. It's best to have all three types of goals at the same time and as you manifest your goals replace them with new ones. This helps keep the positive energy in motion and working for you. Once you set your goals, you can expect your life to start moving more smoothly and in a positive direction. Some days everything will go great and you will feel that you are moving forward quickly, yet other days it will seem like you have taken some steps back. Do not get discouraged; keep in mind that you are still ahead of the game. Manifesting your goals is the end result of your energy, hard work, and conscious efforts. For the best outcome, your goals must be clearly defined so that they can manifest easily. Clear goals result in clear outcomes. Fuzzy goals result in fuzzy outcomes.

The benefits of setting goals are so great that it is difficult to understand why anyone would not do so. Living life without setting goals is like setting sail without a map to guide you, having no destination in mind, and having no direction whatsoever. There you go, around and around in circles, wasting precious resources

like time, energy, and money. Not knowing if you will end up on dry land or capsized in the sea of the knowing.

You might even end up shipwrecked on some dangerous territory.

"A soul without a high aim is like a ship without a rudder."

Eileen Caddy

Not all our goals manifest exactly as programmed. Some goals actually manifest BETTER than programmed. When they do manifest there seems to be some common denominators involved and one of them is writing your goals down. That is the best place to start.

CLEARLY DEFINED GOALS

Goals that express a compelling future are very appealing to your subconscious and are more effective when clearly defined. Begin by first writing down those goals that come to you quickly, and easily. Then put a little more thought into the process and write down more goals. Finish by fleshing them out so that they are clearly stated. Use the following order as a guideline for writing your goals:

1. Write down goals you want to manifest with a passion
2. Write down goals you really want
3. Write down goals you would like to have
4. Write down goals you would like to have but think are impossible

Go back to your list, and as you flesh out your goals, be specific about what you want and when you want it. Do

not write down a goal with the thought of “One of these days I will have...” attached to it. Write down a specific day, date, occasion, month, season, or year next to each goal. This helps you to commit to the actualization of the goal. You may be surprised to find the goal manifesting before the expected date.

The first goals to write down are the ones you are passionate about. They are probably the goals you will manifest first. Passion is powerful. Find or put the passion in wanting to manifest all your goals. By putting passion into all your goals you are likely to manifest even those goals you thought were a stretch.

Once you have your goals written down, display them where you can see them clearly and frequently. Read your list daily, even several times a day. Keep the thoughts and pictures of what you desire present in your mind always. Every time you think of your goals, think and picture them in a past tense sense. As if they have already happened.

"Obstacles are those frightful things you see when you take your eyes off your goal."

-- [Henry Ford](#)

Allow your body, brain and mind to own your goals and do not lessen the energy by telling everyone you know about your goals. It is often better to keep what you desire to yourself. One last recommendation, it is always a good idea to express sincere gratitude every time you manifest a goal.

It is clearly up to you to make this year the best ever! Grab that piece of paper and start writing.

"People with goals succeed because they know where they're going."

Earl Nightingale