

# **SORT YOUR LIFE OUT**

## **GOALS, DREAMS AND AMBITION**

**You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands - your own.**

**March Victor Hansen**

When you look in the mirror, do you see a positive, purposeful and productive human being looking back at you, or do you see someone who's caught in a rut, coasting on autopilot? Chances are you have lost sight of your dreams. As a child I dreamt that one day I would become a fireman, an engine driver or a professional footballer. Through my school years those dreams and ambitions changed to finding a career, falling in love and living happily ever after. As each decade has passed my dreams for my future have changed as I find my place in my world. Now as I approach a milestone birthday I find myself questioning those dreams and pondering on my life's purpose. It's a question that we all face at some point in our lives and one that can lead to great change in the way we live our life.

On an individual level it can be assumed that we all live and work to fulfill our own personal dreams, but what of those dreams and aspirations that are placed upon us by parents, partners or even those of a nation? On a recent trip to the USA I was talking to a taxi driver about the great 'American Dream'. His reply came as no surprise to me, "It's a F\*\*\*\*\* NIGHTMARE. You've got all these people chasing the fame and fortunes, the trappings of making money. Then you've got the people who have achieved this who often feel empty as if something is missing. Then you've all the people chasing the dream who will never get there"

**Everyone has a purpose in life .... a unique gift or special talent to give to others.**

**And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals.**

**Deepak Chopra**

So it appears that our dreams and aspirations do not always make us happy, in spite of happiness being the motivation that keeps us all striving to achieve. Furthermore many of the people I come across through my work in personal development are driven by the thinking that one day they will be happy when...they retire, they reach their goal, get married, get that job etc. Yet just as my taxi driver pointed out with the 'American Dream', people feel unfulfilled, disappointed and often questioning, 'is this it', when they reach those milestones.

Where you place yourself and how you feel about yourself are extremely important in creating and fulfilling your dreams. If you don't take responsibility for your life and never stop to question your life experiences, then you might settle for the lowest meaning you can find, believing you don't make a difference or that you are no one special. The fact is we are all special and all unique, there will never be another you, you are amazing and in order to find meaning in your life you need to take a moment to celebrate your uniqueness and understand that you really can make a difference in everything you do. How you feel effects everything you experience, if you don't believe us then go and spend some time with a group of angry or depressed people and see how long it takes for you to feel the same way.

## **LIVING THE DREAM**

Living the dream is not just for a few select individuals, each and every one of us is entitled to live our dream. People who pursue their dreams do what they love and they aim for greatness. We only have to look at the world of sport and witness the numerous great talents who have followed their dreams, often in the face of adversity and negativity in order to achieve success and fulfill their dreams. As all the true greats will point out, dreaming alone will not achieve success.

**“A dream without commitment is just a fantasy”**

**Dr Bob Rotella**

For a dream to be fulfilled requires hard work and commitment. To help work towards your dreams it is useful to create realistic short term goals. Whereas dreams are great motivators for the long run, goals are great motivators in the short term i.e. for a day, a week or a

month. However your dreams, goals, ambitions can only be achieved if your starting point is based on honesty and with you setting realistic and challenging targets. Try following the Sort Your Life Out approach to help you rediscover and fulfill your dreams.

- Your starting point begins with examining whether or not you are happy and satisfied with your current life's work and your relationships with the important people in your life.
- Next create a list of what you want to achieve, make it specific and make it positive. Remember negative goals only give you what you don't want
- How much control do you have? The more people who need to be influenced by way of getting what you want, the harder it is going to be to achieve
- Do you have a plan? We can only climb mountains one step at a time. Think about the steps you will need to take in order to get closer to what you want. In order to make getting started easier and help to improve your motivation, break down your desired achievement into a series of mini achievements. This will allow you to track and celebrate your progress as you move towards what you want, and give you the opportunity to make amendments or correct mistakes along the way
- Does it fit in with the rest of your life? If it doesn't, that will have to change too.

Once you are satisfied with the checklist above, think again about what you want. Then with ample time at your disposal answer the following questions.

- What do I want, specifically?
- When, where and with whom do I want it?
- What will be different as a result of achieving this?
- How will I know when I have got it?
- What will achieving this do for me, get for me or give me?
- How do I feel about it?
- What resources do I need to achieve it?
- What will I see, hear, feel, smell and taste once I have achieved it?
- How will I look and sound once I have achieved it?
- What will happen if I achieve this?

- What won't happen if I achieve this?
- What will happen if I don't achieve this?
- What won't happen if I don't achieve this?
- What would I be able to keep by not achieving this?
- How do I know that what I want is worth having?
- How will having it affect my life, my family, my job, my friends?

The answers will give you an idea of what needs to happen if you want to achieve what you want.

If you are still unsure as to what your dreams are, look to the areas of your life that you are passionate about. Revisit old hobbies and pursuits, focus on your strengths and leave no stone unturned. For deep within us all there is a spark that is waiting to ignite the flame that can create the burning passion that fulfills our life purpose. Start now by identifying that purpose and start living that dream today. Take heart that this is not always easy, but consider the alternatives as life races by at break neck speed and your dreams evaporate in your day to day existence. The rewards for living your dream and attaining your goals are abundant and every day you will feel much happier. Maybe then when you face the mirror in the morning, you will see the person you always wanted to be.

**'There is no passion to be found in playing small - in settling for a life that is less than what you are capable of living.'**

**Nelson Mandela**



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