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Photo credit: Louiza Jamoukhanova

# Designing Your Life

## Goals, New Year's resolutions, aspirations, hopes, dreams, fantasies.

Whatever you call the achievements you would like to see in your life, you have a much better chance of success if you organize your intent!

*Writing* your goals helps ground your thoughts. Seeing them in print gives them dignity—and credibility.

My friend Leland Val Van De Wall used to say *words are living things*. Val maintained he had been foresaken by 6 of his 7 foster mothers, so he knew about overcoming rejection. He made a living teaching people about life and goalsetting. A lot of Realtors attended Val's seminars for the cerebral nourishment, confidence, and courage they needed to get out of bed in the morning in a very depressed real estate market.

Goalsetting was a new experience for me and definitely something of an experiment. I wrote my well-considered, lofty goals on two 3" x 5" green recipe cards and taped them to the bathroom mirror. For months, when performing daily maintenance on my skin and teeth, I read, recited, and reviewed my words.

During a subsequent bathroom-remodelling event, the cards were put away . . . and forgotten. They turned

up over a year later and I saw that **each and every wish I had written had come to pass.**

Others tell similar stories. The goalsetting process is powerful. It plants seeds in your subconscious mind and initiates action that helps get you where you want to go.

You don't need to know exactly *how* you are going to achieve your goals. You must, however, be vigilant in recognizing opportunities when they present themselves, and you must make the obvious efforts—such as getting the training and education you will need in your future endeavours.

### Thanks to Mollie, I no longer have a shoe budget.

Begin by creating simple goals for your next few months. Habitually review your words, then expand your list to include subsequent months and years.

Remember: Those goals are not cast in stone. You can fine-tune your direction as you go along.

In this issue . . .

- The story of Mollie on page 18 relates the highly interesting journey of a lady who has the goal of making a difference in this world—and she is. Thanks to Mollie, I no longer have a shoe budget. The money will go to more worthy causes than my perfect 10s.



- Ken Keis gives practical advice on how to begin the process of goalsetting. *You might be unstoppable, if only you could get started!*
- Nigel Atkin writes about Iraq and the challenges and progress he has seen in that country on goals set a year ago.
- Chuck Salmon offers a candid look at his life and the determination that has put him where he is today.
- Busy downtown Notary David Watts resolved to become a superman!

Many other contributors tell how they achieved their goals and set shiny new ones.

*You* have the ability to re-shape your life. Help yourself make the changes you know you want to make.

If not now, when? ▲

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