

Healing From Within: Self-Empowerment Series

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MANIFESTING YOUR GOALS

Do you have difficulty keeping resolutions? Do you ever feel overwhelmed by a goal? Manifesting your goals is a step by step process that can be mastered by almost anyone. The following guidelines will help you clarify your goals as well as achieve success in attaining them.

PART ONE: GAINING CLARITY

Many people have unrealistic expectations of what they can accomplish within a period of time. It is not that they can not accomplish their goals. The problem is that they usually have taken on too many responsibilities at once.

Does this ever happen to you? You have several projects in the fire. You find yourself rushing around each day in order to get projects done. You are juggling professional as well as personal life. And you feel as though you will never get caught up.

In order to achieve success with your goals you need to narrow your scope of how many projects you can take on at a time. This requires prioritizing. In order to prioritize you must first get clear on what it is you truly want to achieve.

When you pursue a goal you make a decision to put a certain amount of time, energy and effort into an endeavor. If that goal is not in line with what you truly want, you may find yourself unconsciously sabotaging your efforts in some way.

Sometimes people make decisions and goals based on what they think they should do rather than what feels right for them. When something is right for you it will give you energy, you will get excited and feel a sense of aliveness. This, in turn, will help you feel motivated to take action. When you do something that doesn't feel right to you, you can feel confused, resentful, resistant and unmotivated. You can see how following what feels right for you can help keep you clear and on track with your goals.