



Be Careful What You Wish For: 3 Steps for Goal Fulfillment

Julie Fuimano, RN, MBA, CSAC

You want a promotion. You want to develop your leadership skills. You want to eliminate the clutter from your desk – your life. You wish you could eliminate your debt. Be careful what you wish for. Too often we choose goals that:

- ❖ we aren't committed to,
- ❖ we aren't ready for,
- ❖ we don't know how to achieve,
- ❖ and we set ourselves up for failure.

To be successful at your goals, you need to be careful how you choose your goals. For example, you never want to set a goal that focuses you on "losing" anything.

What You Think About You Bring About

So whatever you think about all day long is what you are going to bring into your life. If you want to 'lose' weight, what do you think about? That's right. Your weight. The same thing occurs with anything else you want to eliminate from your life. The brain cannot grasp the concept of "not" or "don't". It does not acknowledge the pejorative.

First rule of thumb: FOCUS ON WHAT YOU WANT TO MOVE TOWARD not what you are moving away from. Write a new story and repeat that new story about who you are and who you are becoming. Focus on THAT every day all day and you'll become it.

You might have heard this referred to as "fake it until you make it". Well, it's not really about 'faking' but rather projecting yourself into the future. The more you think about it, talk about it and dream about it, the more you want it, and the more willing you are to do what it takes to get it.

For example, if you want to lose weight, then consider your reasons why this is so important to you. What will losing weight do FOR you? You want to gain health, increase strength and endurance. Perhaps you want to live to see your grandkids graduate or get married. Whatever it is you want to GAIN, that's what you focus on.

For debt it's the same problem. You focus on your debt, being in debt, not having enough money. If you want to be debt-free and create real wealth, then focus on prosperity and financial independence. It's an entirely different mindset.

Second: FOCUS ON THE PROCESS rather than the outcome. For example, your goal is to get promoted with your current employer or hired at a higher level elsewhere. Great! Then *FOCUS ON THE PERSON YOU NEED TO BECOME IN ORDER TO SUCCEED IN THE NEW POSITION* in addition to doing the traditional job seeking stuff. Be honest with yourself about your current skill level and what you might need to develop or improve. Identify the qualities and characteristics needed in order to fulfill the requirements of this new job and focus on developing your leadership and assertiveness skills and any other areas that will be necessary for you to demonstrate in this new role.

When you focus on a particular outcome, you might fantasize about a particular position, for instance. This might be perfect for you; it also might limit you. There could be other possibilities that you had never considered that would be a perfect fit for your talents and skills.

When you focus your energies on the PROCESS, what you need to DO and who you need to BE, then the outcomes take care of themselves. Consider weight loss, the most common goal at the start of a new year. If you focus on improving your health by eating right and increasing your activity level, you will naturally lose weight without thinking about it. It will happen as a result of doing what is best for your body. As you start to VALUE your health and make "health" a priority, you take tiny action steps that help you gain in health, increasing your activity, eating healthier, and you start to see results over time. You become a new person who enjoys a new lifestyle. And miraculously, the weight comes off. Nothing happens overnight and often we become overwhelmed when we try to take on a HUGE goal without chunking it down into tiny steps.

Third rule of thumb toward achieving your goal: TAKE BABY STEPS. What is one thing you can do today or this week that will add value and move you toward your goal? Start to take TINY ACTION STEPS.

If promotion is your goal, take an informal assessment of how other people see you and your leadership ability right now. If people don't think of you as a leader or as being capable of a higher level, you might need to look elsewhere. Most of the time, however, you will receive valuable information that can serve to help you in your climb.

It also plants the seed in people's minds that you are interested in moving up. Don't assume they know your aspirations. You need to tell them.

If you want to lose weight, what one thing might you do differently this week, this month, this year? It can be as simple as eating whole grain bread and cutting back on sugar. See your doctor for a check up. Find little ways to increase your activity level such as parking at a distance from the building, taking a walk after work with your spouse or during lunch with a colleague. Then increase your activity even more by choosing an activity to do for 30 minutes most days of the week. Prepare meals rather than choosing fast food. Sometimes it is just being conscious of your choices that make a huge difference.

Changes take place over time. You can waste time beating yourself up for not having achieved your goal yet, or you can focus your efforts on what you want to achieve and, with each new step, you get a little closer to your dream becoming reality and a little further away from the past. The choice is yours.

Want to learn more about this topic? Contact Julie@NurturingYourSuccess.com to arrange a free 30-minute telephone coaching session. Julie Fuimano, RN, MBA, CSAC is a Masterful Coach whose passion is coaching and teaching you strategies and coaching people just like YOU to be your best, speak up for yourself, and create amazing relationships - at work and at home. Clients experience dramatic and profound results in their productivity, level of confidence, and a reduction in stress and anxiety. Named one of the top 100 thought leaders in personal leadership development, Julie is an accomplished writer with over 100 published articles and is author of the book [The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance](#). Visit NurturingYourSuccess.com to learn more about coaching or contact Julie@NurturingYourSuccess.com to have her speak at your next meeting or conference.