



“The Missing Ingredient That Stops You From Achieving Your Dream”

I have been to several meetings and seminars where we were asked to set our goals for the next 3 to 6 months or for the year. We were to write down the following:

1. The main goal we wanted to accomplish.
2. By what date do we want it accomplished?
3. What are the necessary steps to accomplishing your goal?

I think you and thousands of others have seen this before and then moaned. Why because we have done this before and sometimes it worked and other times it didn't. Some were pie in the sky goals that we never thought would happen. We wrote them down because the speaker said: “go for the sun and moon and stars.” Aim for the farthest goal and you will reach something in between. Well. To me that is a defeatist thought. What if I could set a goal with the expectation of a few stops along the way and know I was going to make it? Yeah! That's more like it.

The three questions above were designed to put together a plan that the conscious mind could logically put into place. I keep thinking that these questions are a good start for the ordinary person. What if you are the free thinker were in this room? What if you had a phenomenal idea but no means to execute? What if your goal really was so large you had no idea what to do and you only had a first step which was the dream? Now what?

The speaker's exercise was wonderful in the fact that it was making everyone think about what they wanted. Those three questions can help get people to become detailed in what their dream looks like when accomplished. Now let's say the person has no education, no money. What would take them to the next level? What is the missing ingredient that allows broke or rich, educated or uneducated entrepreneurs to create magnificent businesses or someone to start a movement for change or just accomplish a college degree against all the odds?

What is missing is the steps that gets the subconscious mind as part of the team. Adding that one dimension is what can take the goal to reality. Why? Because your deep seated beliefs are what drive you. Let's say you want a promotion. If you truly believe you have what it takes to get the promotion, your subconscious mind will lead you to do the things that will make that happen. If you doubt that you have the capability your subconscious will cause you to hold back or do things that show you don't deserve the promotion.

Spiritual Goal Setting

Setting your goals in a manner that lets your conscious and subconscious minds work together is not difficult. One key is that you must root out your fears and clear out the doubts so that you can and will succeed. You can do this by attending my “From Self-Sabotage to Self-Empowerment” session at the “Dare To Grow Texas Conference” and work on finding what beliefs are holding you hostage and how to clear them. You can also learn the “Prime Directive.” It is to be used within your meditation or prayer. You can learn more by getting my book “Manifesting The Life You Want” or [clicking here](#).

The steps of the spiritual goal setting process are less complicated than most people think. Some goals or dreams have a step-by-step process however when you are breaking new ground there is no process to follow; so create your own. Here is what I know you need:

1. Define your dream/goal in detail. What is it? What does it look like? What is the desired outcome? What will you feel like when it is accomplished? If you want to own a car define all of its details including make, model, color, accessories, new/used, etc. How do you feel driving the car?
2. Approximately when do you want it to be accomplished? Allow enough time for all things necessary to occur for the goal to come into being. Don't say tomorrow unless it is possible. It will take 9 months for a healthy baby to be born. If it is rushed then there are lots of problems. Don't rush your baby. Give yourself, your subconscious and the Universal Creator time to put things in place.
3. What is the first step that must be done to start the process? Just the first. When that is done or before the second all subsequent steps will reveal themselves to you. Then execute the next step. This is when people fail. They don't keep doing the steps.
4. Create your “Prime Directives.” Use them within your meditative prayer and get your subconscious on board. When doubts or difficulties come up, go into meditative prayer and ask for direction. If you haven't learned the Prime Directive process attend my session at “Dare To Grow Texas.”
5. Pay attention

James Allen says, "*Circumstance does not make a man, it reveals him to himself.*" What you have in your life is a reflection of your thoughts. As you take responsibility for your life, you are able to change it. Take responsibility for your thoughts, feelings, beliefs and attitudes that are creating your world and choose what you want instead.

Wouldn't it be nice to set your goals; execute the “Prime Directives; receive inspired actions and rejoice in success.

*The very first step to being, doing, having is: **define what you want instead.***