



FIRE UP YOUR GOALS!

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DO YOU HAVE A GOAL THAT REMAINS ELUSIVE? ARE YOU SICK AND TIRED OF FEELING LIKE YOU'VE FAILED AND THAT YOU MAY NEVER ACHIEVE YOUR GOAL? DO YOU FIND YOURSELF STARTING THE SAME GOAL TIME AND TIME AGAIN? WOULD YOU LIKE TO KNOW WHAT YOU MUST DO TO MAKE IT HAPPEN THIS TIME?

By Jen Atkins

It is a strange human characteristic, but we tend to be resistant to change, even when it is for our own life improvement.

Perhaps you've been telling yourself a story; you were born with certain dislikes successful people do not have.

Perhaps you have wondered 'why do those who achieve the most seem to like doing the things you don't like?'

Guess what... they don't! So why so they do them anyway?

The answer is simple; by doing the things they don't necessarily like to do they can achieve the things they really want to achieve.

Here's the thing, successful people are influenced by the desire for great results. They are prepared to give up short-term pleasure for long-term gain, whereas unsuccessful people are influenced by the desire for short-term pleasure and thus tend to miss out on the long-term gain.

A good example of this is in the morning when the alarm clock rings; you switch it off and turn over for a few more zeds, instead of getting up and going for that run.

It is always the accumulation of the 'little things' you do that is the difference between success and failure.

Successful people have a purpose. One that is strong enough to make them form the habit of doing things they don't always like to do in order to achieve what they want to achieve.

You're probably thinking ok, I get that, but why then do I always start off going for my goal with gusto and after a few weeks something happens... I fall into a slump and suddenly I am not doing what I set out to do.

So, what do you do to stop yourself from letting this happen, so you can keep going and achieve this goal once and for all?


Well, my friend, when you get into a slump, it simply means you have reached a point at which the things you don't like to do have become more important than your reasons for doing them. Believe it or not, this changes the goal.

In order to stay on track you must continually spend time focusing on what achieving the goal will mean to you. If this is not compelling enough, you will never stick with it.

Make sure your reasons really fire you up; otherwise it will be too easy to adjust back to your old ways rather than following through and enjoying all the trappings of your success.

The strength of your goal will ultimately give you the personal strength to hold you there and see it through, not the other way around.

"Remove failure as an option and your chances for success become infinitely better!" (Joan Lunden).

So what are you waiting for? Realise how good you really are. Go for it and enjoy the journey! 

JENNIFER ATKINS is a qualified Life Coach, NLP Master Practitioner, Personal Trainer and the founder of Jenesis Mind & Body. Jen has a Diploma of Health Science, certificate of weight loss nutrition and has 20 years experience in health-related fields. Coming from a successful career in the health industry, Jen has found her true passion in her business Jenesis Mind & Body, where she hopes to have a positive impact on women's lives worldwide by helping them be healthy, happy, fulfilled and achieve the life they desire and deserve. Jen believes an outstanding life begins with optimum health and the correct mindset and so she has created Jenesis Mind & Body for women to excel.



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