



Accelerating Goal Achievement

by Dr. Nancy Oelklaus

Last January I wrote 12 goals I wanted to accomplish over the following six months. At the end of June, reviewing the goals, I learned something about the relationship between goal accomplishment and the emotional state of mind that created the goal. Let me explain.

As I re-read my goals six months after their writing, at first I was disgusted, thinking that I hadn't accomplished anything because I hadn't accomplished everything. I let some time pass while these self-critical thoughts settled. Then I noticed that the goals written from positive emotions — a state of love, joy, and ease — had been already accomplished.

Here's an example: Easily and joyfully, I have integrated the new digital camera into my work and personal life.

(This camera was a gift from my husband. At the time I wrote the goal, I was overwhelmed with the software, equipment, and change from my trusted 35mm camera. But I wanted to give the new camera a chance. Months went by before I installed the software, prompted by my desire to help a friend who needed a photo for her web site. Then my daughter showed me how to use some of the edit features. The next-easy-step was to include a digital photo in the Authentic Profile that I create for clients. My forward progress resulted from requests from people who love me or hold me in high regard.)

Goals that were too lofty for the time frame or my current progress had been trimmed. An example is the goal that "I make a short trip with my granddaughters, just for enjoyment and fun. Maybe to Disneyland."

(Disneyland is NOT a short trip! What I actually did was meet them for a week-end in Dallas. We stayed in a hotel with an indoor, heated pool-and they thought it was so cool to be able to swim in January! I don't know what it is within me that makes me think if it isn't BIG, it doesn't count. The truth is, it counts. This was actually the first goal I achieved this year.)

Goals that were written from a "should do" state of mind were not achieved. Only small movement toward accomplishment could be detected. Example: weight, marketing, back yard landscaping.

Often we hear people say to move toward our passion, and success will follow. The energy of passion is positive emotion — love, joy, delight. If the energy behind the goal is "should do it," accomplishment is delayed.

Re-read your own goals. What is the energy from which they were created?

Revise your goals so that the energy moving them forward is love, joy, ease, delight — and watch your success accelerate.



About the Author

With the advantage of a 25-year career in education as a top-level administrator in a school district, as well as entrepreneurial leader of a state education association, Dr. Nancy Oelklaus has been a leader in the fields of organizational development, change, systems thinking, and adult learning. Her national and international experience brings diversity to her work, which is grounded in a knowledge base of the brain and systems thinking. She is the founder of the Success Accelerator Brain Trust™; a nonjudgemental personal development coaching process which builds upon inner strengths and provides solutions for weaknesses.