

E-magazine: Esteem Yourself E-magazine

Title: Combating the Negatives - Achieving Your Goal

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to info@esteemyourself.com. I'd love to hear what's on your mind.

You want to go back to school, start a business or further your present career. You may feel that there is too much in the way of your desired goal. You find yourself thinking negatively and in turn, you feel like you will never be able to accomplish your goals. Don't be fooled. Negative thoughts and feelings are only meant to keep you down. With this New Year, find better beginning to accomplish your desired goals and make them a reality!

We have put together a self-starter Achieving Your Goal form to help you begin the process to combat the negatives while working towards achieve your goals. Complete the beginning questionnaire. Be sure to take time to evaluate goals and how you can accomplish them. Once you have completed the questionnaire make notes on what you have learned about yourself and your goals. Determine the best approach for you to take in working towards your goal. Then set a timeline to achieve your desired goals. Make sure that the timeline that you set is realistic and is set with the intention to complete. Following the outline of the form below it you will find an example form that has been filled out.

An example of how to fill out the form is provided below.

Achieving Your Goal

Goal:

Date of Goal Setting:

Recognizing the Negatives

What do you think is stopping you from achieving your goal?

Overcoming Obstacles

How can you overcome the obstacles in your way?

Gaining Determination

What can you do to make yourself find the determination to succeed?

Notes

What have you learned about how to accomplish your desired goal?

Best Approach

Determine the best approach to reach your goal.

Set Timeline

What will be your timeline to accomplish your goal

Examples:

Achieving Your Goal

Goal: Get my Bachelor Degree - Working towards becoming a Nurse Practitioner

Date of Goal Setting: 3/1/07

Recognizing the Negatives

What do you feel is stopping your success?

1. I have no time to go to school
2. No evening babysitter
3. Will be too stressful for me to go back to school

Overcoming Obstacles

How can you overcome the obstacles in your way?

1. Set a time for school in my busy schedule (Cancel activities that are not a must - like Tuesday's movie night with girlfriends).
2. Have my mother babysit the children (on a paid basis) Tuesdays like she already does when I go to the movie night events but instead of going to movie night take part-time classes on Tuesdays.
3. Take few classes at a time.
4. Do homework after the children have gone to bed (Change bedtime for children to 7pm instead of 8:30pm).
5. Be determined to complete my schooling regardless of the stress.

Gaining Determination

What can you do to make yourself find the determination to succeed?

1. Register for school immediately.
2. Tell my mother what I am doing (since she has always encouraged me to go back to school).
3. Talk to the college instructors in my field of study to get better understanding of what my classes will be like and what is required.
4. Find joy in my enrolled classes regardless of the task.

Notes

What have you learned about how to accomplish your desired goal?

I have been procrastinating about going back to school. I know I really need to. I always think about it and I know that I need to follow what I feel. I now know that I can skip movie night or rearrange my schedule so I can really get important things that matter to me accomplished. I can work my dream job! And get great pay for it.

I have actually a lot of time to get my goal accomplished. I just have to prioritize. Use my time wisely. Focus on my goals instead of spending time doing things that can wait until I finish school and have obtained my Bachelors!!

Best Approach

Determine the best approach to reach your goal.

1. Register for classes asap.

2. Avoid the stress by working towards my Bachelors on a part-time basis.

Set Timeline

What will be your timeline to accomplish your goal.

Timeline:

3/6/09 - Start 1st College Classes - English 101 & College Algebra

Completed 6/26/09

7/3/09 - Start 2nd College Class - English 201 & Nursing 101

continuation of timeline ...

Remember that as you go through the process of combating the negatives You are focusing on finding the solutions. Your main goal is to achieve and reach your goal. This may not be an easy process. Depending on your goal, you may have to work though each section for a period of time or even revise your processes to get it to work for you. However, don't get caught up in feeling like you will not be able to achieve and succeed in whatever you would like to accomplish. Many of those whom you admire have had their own obstacles and struggles to combat before reaching their goals.

Tip: Get the Achieve Your Goal form from the tools page or [click here](#).

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