

E-magazine: Esteem Yourself E-magazine

Title: Who's the Enemy Here?

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Date: May 01, 2008

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.

Sometimes we tend to be our own worst enemy when it comes to accomplishing our goals. Before you can realize your potential you may find yourself focusing on the negatives, procrastinating, lacking a serious approach, or simply not being motivated. By doing any of the mentioned, you may be poisoning your mind. In turn, your goals simply drift away and eventually become unrealistic to you. Let's review some of the obstacles that may be keeping some of us from achieving our goals and what to do to get back the zeal.

Unsure of Self Wants

Being unsure of what you really want can be a trap to doubting yourself. If you are not sure of your wants it may be difficult to find the motivation to accomplish your goals. In this case, the first step you will need to take is to evaluate your goals. Find out if your current goals are what you really want and specifically what will make you happy. Be honest with yourself in this process. Happiness is key. By reaching your goals you should feel fulfilled and have a blissful state of mind. So be aware of determining what will be best for you. During your evaluation, you may find that what you are working towards is far from what you really want. Finding out what you truly desire can assist you in building the faith and believe in yourself that you need to succeed. Once you have a clear vision of your wants you can focus and be motivated to accomplish your goals.

You Never Know Until You Try

We may ignore the need to make efforts to accomplish our goals. This form of thinking could be "It will not work" without actually making an effort to see what will happen if you tried. You simply give up before even trying. This is what keeps most ideas from developing. It's very easy to just decide not to work towards an idea or goal. You must remember that when you don't try, you will never know what could have been. Imagine if some of the greatest inventors never moved forward with their ideas. Suppose they didn't try? Where would we be as a society today? You may never know your capability, until you try.

Good Ideas

Whatever aspirations you may seek, ask yourself if your goals are realistic? For example, let's say I want to go to the moon, by myself, without getting on a space shuttle. Is this realistic? No. It would be impossible. So really investigate and make sure your goals are realistic. However, just because something does not sound like it can be done does not mean you can't find away to get it done. A great example of this would be learning to sing or dance. Even if I was really an awful dancer or singer with training I can improve. Realistically, I might not be great at it at first but I could potentially be one of the greatest singers or dancers in history. Of course, with time and determination. And yes, with lots of practice.

See Yourself How You Want Others to See You

How can we expect others to have faith in us when we don't possess that same faith for ourselves? If you expect others to believe in you then you will have to be the one to convince them. Believing in

yourself means feeling confident in who you are, what you want, and what you do. Having full confidence in yourself will strengthen you in accomplishing your goals. When you believe in yourself, your confidence will attract others. Thus, they will see you the way you see yourself. This doesn't mean that every single person on earth will believe in you but the majority will because they can feel your confidence and strength. Yes, the same applies in reverse as well. If you lack confidence in yourself others will also share the same view. Believing in yourself and building your confidence is an on going process. At times, you may find that you have confidence in yourself in certain situations and lack confidence in others. Find resources on how to work towards believing in yourself by visiting our tool web page.

Fearing Rejection

Some of us fear succeeding because we fear rejection. It may seem hard to believe but it's true. For example: Suppose you do try to accomplish your goals and then you get shut down or "rejected". To some this may mean that success will never come. Which is not true. Many times it takes a great amount of rejection before you can accomplish some of your goals. So, in advance prepare yourself for this phase and look forward to it. If you are prepared for rejection it will not be a fear but a step or a building block in getting you where you want to be. This will give you the determination to overcome any obstacle that comes your way and strengthen you as you continue to move forward.

Even if it takes you a life time to accomplish your goals and live your dreams, stick to them.

"You have to dream, you have to have a vision, and you have to set a goal for yourself ..." Gregory Peck

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