

## Getting What You Want in 2007

By Amy G. Martin

So what is it you really want this year? Is it something that will be good for you? Is it something you've always wanted? What has stopped you from having this in your life before?

These are the questions to be asked before forging ahead to accomplish your goals and fulfilling your desires. The questions are important because if you're not clear on what it is you want, your vision will become blurred before the end of the week, and certainly by the end of the year you will have forgotten your hope at all.

Let's take two examples, one simple and one a bit more complex. Say you want a better job with a higher income. Okay, you've scoped out the want ads, you've put your resume out there but nothing has happened and you get discouraged. Setting small realistic goals could help. Make one phone call every day to perspective employers, collate a list of contacts and potential leads, with the goal of getting new employment in the next three months; this is a doable goal.

A more difficult goal may be to become happier in your life. It's a vague concept, but you know you want it, maybe never had it, or if you did it was just transient. You can take a look at everything in your life, from how you see yourself, to relationships, to career, to emotional reactions in times of stress, to your health. Which part is not in the best shape? What do you want to work on first? Again small goals are easier to swallow than sweeping resolutions. Say you don't see yourself in the best light and you have failed at some of the things you've attempted. One simple affirmative step every day will get you to where you want to be. *The truth is, doing nothing gets you nowhere.*

Sometimes all it takes is sitting quietly, pen and paper in hand, and writing down what it is you want for yourself. Find the words that hit home, the ones that ring with life and light and make you breathe deeper when you read them. These words are for no one but you; your very own private wish list. Then prioritize the list, highlighting the top two or three things you desire.

It's interesting to note that every step of the way to our goal may be blocked by overwhelming obstacles. Any time a block pops up it's our responsibility to see if we're the ones standing in our own way. We have to look at ourselves and see if we are actually stopping our own progress. Why would I stop myself, you might ask. Because maybe I really don't want this thing more than I want things to stay the same, because change can be scary, because if I get what I want I might have to change and what if I can't do it. One thing is for sure; any goal worth its' weight in sweat, takes hard work, and sometimes we feel like we just don't have the energy to do one more thing other than the bare necessities.

So, still want something new in your life? Okay, then it's time to start moving toward it. The beginning of the New Year is the perfect time to plant seeds of transformation.

Create a good visual image of your hope, desire or goal and hold that in your mind every day. Treasure Maps are wonderful tools to reinforce your goals. Take a piece of poster board, grab some magazines, scissors and a glue stick, and simply cut out pictures and words that you want in your life. A collage for the subconscious, place the image and words in the center that you want your mind and eyes and heart to continually go back to. Place around that center, the things, feelings and ideas you want your life filled with. It works by studying it every day for three weeks, then just hanging it someplace where you'll see it each day. It's amazing to see how many of these things will be brought into your life, because subconsciously, you'll be looking for them every single day.

Getting what you want takes clear vision, sustained effort and the willingness to be honest with yourself to admit how you may have sabotaged your previous efforts. If it's something you truly desire, and will help you in your life, know that you can receive strength beyond your own to accomplish these dreams. Growth and change equals life, and if you're still here, now is the time to move forward with energy and hope, bringing your enthusiasm to those around you, lightening your life and ultimately everyone else's as well.

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