

InterMountain Clinical Nutrition

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Next ICN Group
Monday November 19, 2001,
@ 5:30 PM in Dr.'s office

Turn a dream into a goal

Many of us have dreams. And given enough time, they end up in our bag of regrets - "if only ..." and "I wish I ...". Don't let this happen to you. Now is your chance to change this. Instead of merely wishing, get yourself ready to take action.

"If I have 3 hours to chop down a tree, I'll spend 2 hours sharpening my axe." Abraham Lincoln

"The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be the far greater value than what you get." Jim Rohn

Have you ever set a goal and then found that you just couldn't seem to achieve it. Maybe you were running around in circles, never quite reaching your goal. Or maybe there was always something else to do before you had time to work on your goal. Sometimes the reason why we are not working on a goal is that we have some subconscious objections against our goal.

Whilst our conscious mind wants to get on with it, our subconscious mind keeps finding ways of distracting us.

Your first step is to put your goal in the positive.

Tackle Obstacles in Advance

Make it Specific

"The whole world steps aside for the man who knows where he is going." (author unknown)

Decide how you know when you get there:

Take Responsibility for your goal.

"Success is not determined by doing your best but by doing whatever it takes." Ralph Waldo Emerson

The Goal Distillation Process

Goal Tree

[Helps Separate Needs from Wants]

The Things That I Do I Want/Choose To Do

<u>Dream</u>	<u>Love</u>	<u>Like</u>	<u>Agree-1</u>
1	1	1	1
2	2	2	2
3	3	3	3

The Things That I Do I Have To Do

<u>Avoid</u>	<u>Must</u>	<u>Should</u>	<u>Agree-2</u>
1	1	1	1
2	2	2	2
3	3	3	3

Definitions

- **Dream** The thing that you would do if you only had enough time, money, courage, freedom, etc.
 - **Love** The things that truly excite and motivate you when you are doing it or thinking about doing it, again.
 - **Like** These things are done when you being sociable, neighborly, a helping hand.
 - **Agree-1** These things you might not do on your own, but often are the "quid pro quos" of life... or I was bored so we went to the movie, shopping, play miniature golf...
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- **Avoid** Things that you go out of your way to avoid doing...even "vow" to not do or not do, again.
 - **Must** Things that you are forced or coerced into...an unpleasant task at work, a court-ordered matter.
 - **Should** Things that you should do (according to conscience or custom) whether or not you are actually doing them.
 - **Agree-2** Things that you agree to do but want to get out of, immediately and passionately...

Questions About Your "To Do" Activities Above

Each of these 12 questions should be asked of every entry into your goal tree. If you have a "sympathetic" spouse, trusted friend, or parent that would encourage you to work honestly and thoroughly to apply the results of this process...consult her or him.

You will need these results in the next step of this Goal Distillation Process.

1. Whose idea is this activity?
2. Why do it?
3. To be done by/with whom?
4. How is it to be done?
5. What is to be done?
6. When is it to be done?
7. Where is it to be done?
8. If not done, what happens?
9. When done, what happens?
10. How do you feel about that?
11. Will you do it again?
12. Why or why not?