

## The Magic of Goal Setting

By Kim Dannies

*"The question I am asked daily by the world: Was that all you wanted?"*

— Genine Lentine

The favorite part of my job is when a client comes in bursting to share their "aha" – the definitive moment when they experienced confirmation that declaring goals unleashes a powerful force. Formal goal setting is not unlike launching a jumbo jetliner: it takes tremendous work and energy to get the weight off the ground, but when that baby is airborne, it virtually cruises under its' own power.

I encourage my clients to make specific and bold choices from the world's menu; then they must document them and go on to create a detailed game plan to achieve their desires. Time and time again I have witnessed the magic of what happens when one commits to oneself. This is also the moment that the universe commits too, and a wonderful conspiracy forms where all sorts of things begin to happen that otherwise would not have.

This is an excellent time of year to commit to formal goal setting. A change of season brings a psychological tailwind that can be very helpful in getting through the initial work. I always establish my goals for the next year now so that I have can refine them throughout the fall months. The momentum I have going into the New Year is tremendous.

It is my experience that people who use formal goal setting as a part of their daily routine are decision makers, suffer less stress and anxiety, focus and perform better, and ultimately lead happier and more satisfied lives. Pretty powerful benefits for a few hours spent telling the world what you want.

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