

What do you want?

The coach's job is to help you get what you want. Some people are uncertain about how to get what they want. If that is the case we can use tools and strategies to help them get there. Perhaps the bigger problem is that many people don't know what they want. Many people haven't had a lot of practice or success in deciding what they want.

If you didn't decide what you want for this year and the rest of your life on January 1st, this is a perfect time to do it.

What do you want?

Some people tell us they want things like security, happiness, a career they are passionate about, a certain amount of money; to travel, to live in a different geographic area; better relationships, better attitudes from the people they work with, or more leisure time. It might be to run a marathon, golf at a dream golf course or get another degree.

What do you want?

Many people are conditioned to not ask for what they want. They may have been conditioned by significant people in their lives, such as parents, teachers or spouses. They may have been conditioned to believe that they don't deserve what they want, or that wanting things is only for other people. They may have been conditioned by previous failures in their efforts to get what they want. The pain from previous failures keeps so many people from dreaming or wanting to play the game.

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Perhaps one of the reasons people have so much difficulty deciding what they want is that there is no shortage of people telling them what they should want. Their parents have told them they should want this, their friends tell them they should want that, the boss tells them they should want something else. Then there is the media telling them over and over what they should want. You have to be careful who you let "should" on you. We challenge people to make sure their goals are authentic. Are they truly what you want or are they what you have been influenced to want. When you decide on goals that are truly authentic observe the energy that comes with it.

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Sometimes people think they know what they want but in fact they spend the majority of their time focusing on what they don't want. They may be focusing on losing weight, getting out of debt or not getting fired. We would challenge them to change the focus. They could focus on having a healthy, fit, attractive body, reserves of money, and a successful career that allows them to work in places where they can thrive and be appreciated.

I have written other articles that focus on how to get what you want. Knowing how to attain the goals you set is really important but so is the seemingly simple act of deciding what you want. So many goals are not accomplished because they were never the right goals in the first place. When people come to the conclusion that they can design their lives and believe that they deserve what they have designed, the design is authentically what they want and not the negative of what they don't want. They are then well on their way to achievement. If these things are not true they can spend a lot of time and effort that results in frustration.

So what do you really want?

Keep in mind that what you want might be very different than what you believe is possible today. As a coach I would challenge you to think and dream bigger than you have done so in the past. Getting past our limited thinking is a goal in itself! Please get in touch with me if you need some help with this. We are so used to thinking what we have always thought that it can be liberating when you allow yourself to think differently.

An authentic big dream can create an energy in you that may seem foreign. You might wake up thinking about the goal and jump out of bed feeling unusually creative. You will begin to see ways of getting to your goal that did not seem possible before.

A friend of mine asked his wife, "If you didn't have to worry about whether you believed you could achieve it or not, what would you dream of doing?" She told him she would like to be a Rock Star! After discussing if she would really like to do it they decided to sign up for a fantasy rock camp. The two of them (along with another amateur) joined two professional musicians and formed a band. Don started to learn how to play a base guitar and his wife Stacey worked with a vocal coach. After 8 months of intense practice, they wrote a song, recorded it at Apple Records in England, shot a video, and performed a 40 minute set in front of a live audience at the Cavern Club in Liverpool.

After making the decision they dealt with the excitement of the goal and the fear of not being able to gain enough competence in time to do a performance in front of an audience with high expectations. He learned to commit time in his calendar for practice and writing. When he and Stacey completed that goal he had trouble thinking about what was NOT possible.

Don had been talking about writing a book for 16 years. After the completion of his rock and roll goal, he decided it was time. With the same determination and by using the act of putting time to achieve the goal into his calendar, he completed the first draft of the book a week ahead of his four month deadline.

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