

## Steps to Successful Goal Setting for the Emerging Woman

I realized recently, the last several years of my life have been about discovery and emergence. The cocoon holding my existence began to break open in January of 2010 when I decided I never wanted to look at the year ahead, as mirroring the year I'd left behind. I began to look at life with goal setting in mind rather than resolutions that often never come to fruition.

That specific change in approach was the catalyst for my life today and I'm so grateful. I did a vision board that year, and wouldn't you know it... I actually achieved a lot of what I'd hoped for! In the years that followed I recognized the importance yearly goal setting and putting time expectations on those goals.

There's something so powerful about being the age I am because it's just like playing football or hockey. The game doesn't go on forever, so it creates a sense of urgency. It's incredibly motivating.

I also learned that goals can shift and change as we approach the finish line... and that's okay. Last year, while I was awaiting my book's release, I remember believing the only audience for my book would be those who've had a child die. I was so wrong.

Suddenly, a larger audience, one I never envisioned, began buying my book: therapists, clinics, friends and family of those who have lost children. What I didn't expect was the outpouring of people who feel helpless when it comes to loss, and my book was their way of contributing.

This has taught me *not* to restrict my thinking or my expectations. I need to start leaving room for my goals to grow bigger than I'm capable of dreaming.

I'm planning on making 2015 my best year ever! I hope you will join me. Here's what I learned from setting goals last year and watching how they evolved:

1. I don't have to know everything in order to move forward with my plan. I can build some of it as I go.
2. I'm not Wonder Woman. I don't have to do everything. I can do what I love, and hire out the rest.
3. Being on the computer doesn't mean I'm working. I need to set clearly defined times for posting on social networks, emails, etc.
4. Sometimes when things don't happen the way I want, it's actually the better plan. I'm now aware that goals might shift, change, and possibly grow bigger as they come to fruition.
5. Consistency makes me better at what I do.

6. I need to honor myself for what I HAVE done. Sometimes I don't give myself enough credit.

7. Today is all we really have. Make it count.

So... have you set your goals? I hope so! Don't know where to start? Download this worksheet: **Click Here**, and hang it where you can look at it every day. You'll be surprised at what you accomplish!

I can promise, if you set these goals in writing you are more likely to achieve them according to studies done at the Dominican University of California. I did this exercise in 2012 and set the goal to write my book, [How To Survive the Worst that can Happen](#) in a year. It was published almost a year to the day I began! Today, I'm so proud it has achieved 5 awards and reaching the people it was meant to help.

**Goals have to evoke real passion or you won't do them.** Give your goals some excitement and challenge. That's why I recommend only setting 5 goals. That is doable!

Time to set your goals...the clock is ticking! I leave you with this thought from Philosopher and Theologian, Howard Thurman:

*"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive. "*

And that's exactly what I intend to do. I hope you'll join me.