

# SETTING GOALS



# FROM THE HEART

CREATED BY

*David Sammel*

# INTRODUCTION

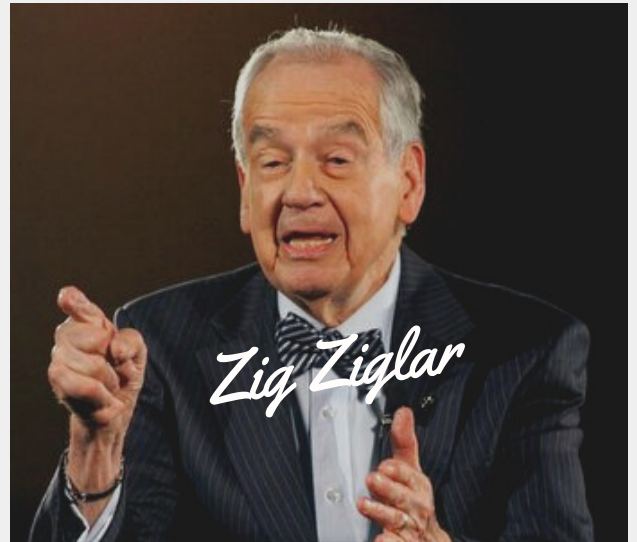
I am fortunate in that I chose and can make a living following my passion, which is tennis, or rather, teaching through the medium of tennis. A valuable lesson I want to share and remind parents and young teenagers alike, is the cliché, but nevertheless still often ignored which is to:

**CHOOSE AND DO SOMETHING THAT YOU ENJOY DOING FOR A LIVING!**

We all evolve during our lives, but rarely will we develop more than during the transition from teenager to adult. What will never change is that we will always perform better and do better when we are doing things that we enjoy. Encouraging teenagers therefore, to follow their passion will facilitate happier and more motivated people.



DAVID SAMMEL



**“What you get by achieving your goals is not as important as what you become by achieving your goals.”**

ZIG ZIGLAR

Naturally there are boundaries such as working within the confines of the law and creating awareness that even pleasurable pursuits require work and dedication to excel. Allowing them to think short term, and by that, I mean follow their current heart, with the proviso that they do it with all their might and focus, will help them confirm or eliminate careers through personal experience rather than through the prism of others.

**“Who knows where it will lead, but one thing is certain - doing what you enjoy as well as you can, gives you self-respect and mini wins every day”.**

# SETTING GOALS

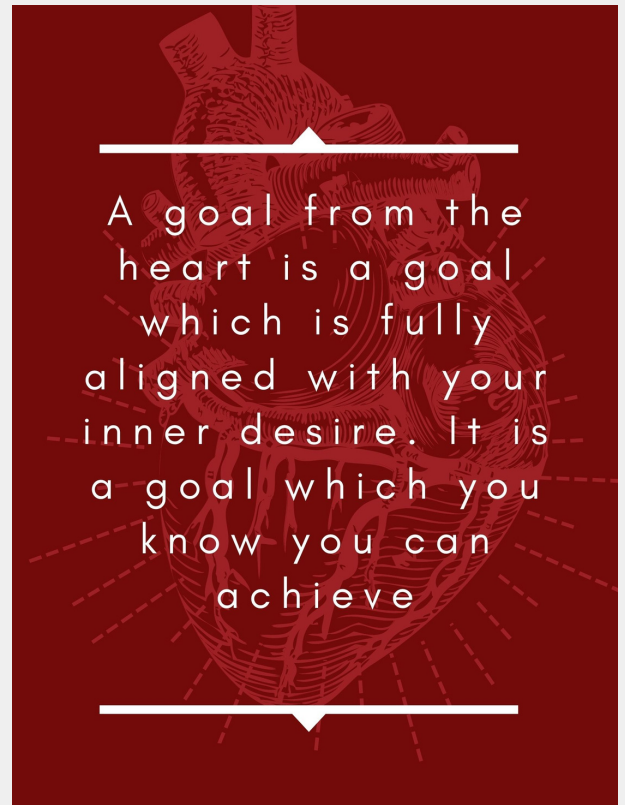
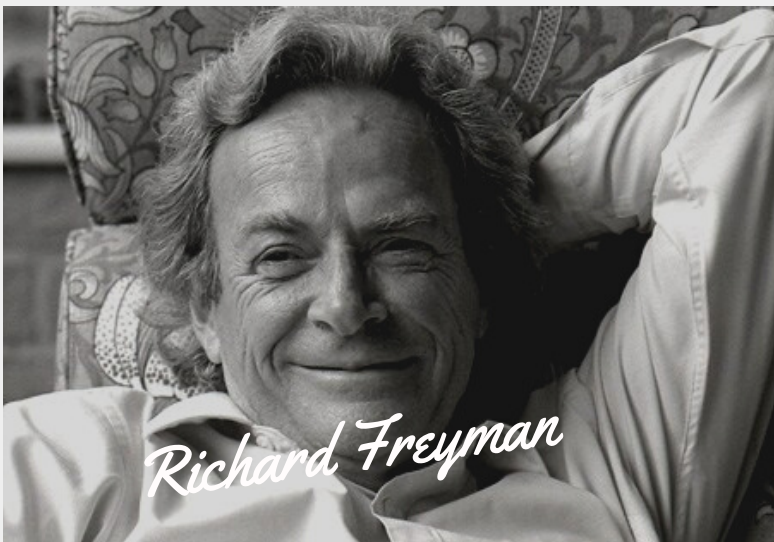
Goal setting has traditionally been based on a logical progression, something that has always disturbed me because everyone is different. A rational goal, set to a realistic time span sounds great and is usually the obvious next step, but a goal from the heart is not always the logical next step.

Sometimes the goal can be as small as consolidating a current gain. It can be very helpful to consider that time is a measurement and useful for inspiration, not a goal. If a target is not reached in a set period this is not an indicator of failure, but rather a miscalculation of the time needed to reach the goal.

**TIME IS A 'MOTIVATOR', NOT THE OBJECTIVE**

It is equally important to separate shorter-term goals from a dream or vision. Having a clear picture of your dream is important because that will provide the motivation for doing the labour of love (work) to get there, but a dream or vision must be seen as a destination that will require many goals along the way.

## THE DREAM



*The first principle is that you must not fool yourself, and you are the easiest person to fool."*

RICHARD FREYMAN

The dream is usually so far ahead in the future that it is best to choose it and then forget about it and focus on each step needed until you are close enough to see the summit which then becomes the next natural target. Constant focus on the peak at the start can lead to daydreaming and a belief that it is easy to achieve, not too far away, which in turn can encourage delusion.

Another factor is that each goal will require full concentration and allowing the mind wander too far into the future will affect the quality of the work needed to take place in the present to accomplish each small step forward. Although this is another huge subject on its own, it is helpful if early on there is perspective and acknowledgement that achieving a dream is not a destination. Once realised, life will go on and new targets will need to be set, or the deflation of finally achieving a dream will be significant, especially if it has been a long-term life ambition.

Set goals from your heart, goals that you know in your mind that you can and will achieve, rather than those, which are expected or sound good. This is why New Year resolutions often fail. Pledging that you will go to the gym five times a week, knowing full well, for you, this is an unrealistic promise and a mountain to climb and that you will almost certainly let yourself down, ultimately makes you feel a failure.

Failure cultivates an excuse mentality, which leads to frivolous wishes. When your own words cannot to be taken seriously, you will have little trust in yourself and therefore little confidence. Athletes who make excuses often over time learn that these justifications and feeling sorry for themselves are the real reasons for slow improvement. Honesty is vital in facing difficulties and in finding solutions to overcome problems

Set a goal that you can and will achieve such as “I will do planks at home three times a week and aerobic exercise for twenty minutes once a week.” When this goal is achieved for a sustained period you will feel good about yourself and build trust in your goal setting.



*“Dreaming about being an actress is more exciting than being one.”*

MARILYN MONROE

This trust will lead to increased motivation and a desire to add extra to your programme. Imagine setting a study goal of 60 minutes per day with 100% focus and no distractions whatsoever. Refuse to do more than one hour no matter how much you want to, until one hour becomes normal and something you achieve with ease.

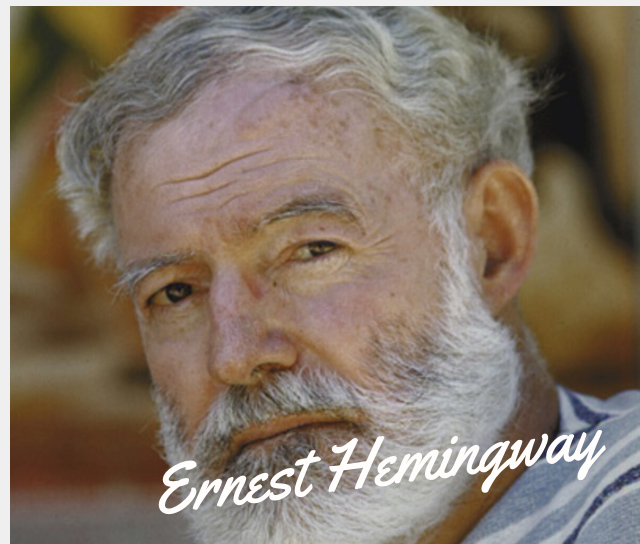
Goals from the heart succeed because they build belief and pride in your own word and give you confidence to do more, motivated by the constant success.

In sport good coaches know that there is no magic bullet.

**SMALL GAINS WITH GOOD HABITS OVER TIME UNDERPIN OUTSTANDING ACHIEVEMENT.**

## LONGTERM GOALS

I discourage long-term goals set in stone, for the world is ever-changing. An ambition such as becoming an architect is fantastic but keep your mind open to the fantastic adventure of life. The architect might design a house for a TV producer, who asks for advice on the design for a movie set. Through this project, a realisation that her skills can be used in set design, which she thoroughly enjoys, suddenly leads to the idea of changing career. Although it means less money, less certainty, she takes the plunge and a couple of years down the line she receives an invitation to work at Disney and moves to California where she meets her future husband...



## SHORT-TERM GOALS

A healthy focus on short-term goals from the heart that gives you a wow factor, makes even the hardest challenges fun. If the focus is too future based and wrapped up in achieving a goal no matter what, even when your heart is telling you that it is no longer what you want, then your mind will be blinded to new and wonderful opportunities. This mind-set encourages a growing fear of change. What we want out of life is very personal and can evolve. This is not failure.

*“Changing a goal constantly when the work gets difficult is a recipe for disaster, and we all know the difference, which is why we need to consider carefully what dream fires our passion and allows us to truly set goals from our heart.”*

DAVID SAMMEL

*“It is good to have an end to journey toward; but it is the journey that matters, in the end.”*

ERNEST HEMINGWAY





### FROM THE HEART

Set goals from the heart. Constant success builds trust and confidence in your ability, not only in setting achievable goals, but also in your dependability to follow through and succeed



### ENERGY

'Passion is an energy. Follow things that give you great energy and avoid people and things that deplete your energy.



### HARD YARDS

You need to be mature enough to know the difference between avoiding the hard yards to achieve a goal and taking the easy route pretending you are following a passion, from a genuine shift in yourself that has a burning desire to pursue something different as part of your evolution as a person.

