

Just Get Serious® About Success

Moving Forward On
Your Goals & Dreams

August 2009

It is never too late to be what you could have been.

- George Eliot

Last month I received a great response to my article on Discovering Your Passions, Gifts, and Talents that truly reflects the above quote. After getting permission from the sender, Margaret Johnson, I decided to share it with you. Her email message to me is below. I hope it inspires you to act on your dreams that you have not yet started to pursue.



Donna Satchell



Margaret Johnson & Belle

July 8th email from Margaret Johnson ...

When I grew up I wanted to be on the police force, be a firefighter or be in the military. But women were frowned on for doing those things when I was getting out of school in the 1940's. So I missed the boat for sure at being a police woman and fighting fires. And I remember all the ugly talk about women being in the military, including negative comments from my parents. However, when I was

33 years old, I defied my parents and enlisted in the Georgia Air National Guard. I loved it! I served 18 years and 1 month and went into the ready reserves. When I turned 60 I retired from the National Guard with 26 years 3 months and 19 days of service and started receiving my small retirement pay. I would not trade the experience for anything!

Margaret Johnson
Business Development Specialist
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Margaret ... thank you so much for sharing your inspiring story with me and my readers. I wish you the "best of success" in your current and future endeavors.

Donna

Like Margaret, I hope you are pursuing your goals and dreams. If you are not, plan to get started today. Like I said last month, even if it means just doing something small, like saving money to move forward.

While working on our aspirations is rewarding, it's not always easy. Below are ten ideas on how to stay motivated and focused. They are from a book I wrote with several other speakers entitled 303 Solutions for Reaching Goals & Living Your Dreams. I hope you find my insights to be energizing, enlightening, and empowering.

1. **Avoid the naysayers.** Stay far away from those who belittle your aspirations as if they were a plague. Such people are as deadly as any disease because they drain you for your confidence, commitment, and enthusiasm, the very things you need to reach your goals.
2. **Get comfortable with feeling uncomfortable.** Achieving your dreams may take undertaking activities that are outside of your comfort zone. That could be asking for help, giving a speech, attending networking events, or any other numerous activities. Take action despite the discomfort. These challenging experiences will make you stronger.
3. **Let the past reside in the past.** Focus on the present and the future. One of my favorite quotes is by Byrd Baggett: "Look at life through the windshield, not the rear view mirror". It is difficult to keep moving towards your dreams if you are looking back to your mistakes and failures.
4. **Ask for help.** A survey by Office Team, a leading staffing service, found that the number #1 mistake people make in networking is not asking for help. Many times we build a great network of support and never use it. No matter what you want to accomplish, you cannot do it all by yourself. Often we are afraid to ask for assistance because of fear of hearing "no" or "I don't have time". Despite what your fears may be ask anyway. Be open to the possibility of hearing "yes" while being willing to graciously accept "no" and continue asking others until you get the assistance you need.
5. **Be helpful to others.** According to the Law of Karma, when we assist others that same energy of support is returned to us. Interestingly, many times our help comes from someone other than the people we assisted.
6. **Celebrate your small and large successes, even if you are the only one at the celebration.** Too often we wait for others to join us to commemorate our accomplishing a goal, reaching a milestone, or doing something exceedingly well. However at times, our friends and family may be too busy, not interested, or simply too preoccupied with their own concerns. Do not let that stop you from celebrating your achievements. Take yourself out for dinner; treat yourself to time at the spa; buy yourself a gift; celebrate by doing something special so you stay motivated to continue.
7. **Start everyday with a prioritized "to do" list.** Reaching your goals takes focus. And focus comes from knowing exactly what you need to do at any given time of the day. Prioritize your tasks, making the most important activities the first to get done. And then do them. That discipline helps propel you to success.

8. **Treat your time as if it is as valuable as your money.**
Achieving your goals is going to take lots of time, so use yours wisely. Do you spend hours aimlessly watching TV when you could be reading a book on your field of endeavor? Do you spend time gossiping on the phone about trivial matters when you could be talking to knowledgeable people about your aspirations? How you use your time is an indication of how serious you are about reaching your goals and dreams.
9. **Get a mentor.** One of the most important decisions we can make is to solicit the support of a mentor to assist us on an ongoing basis. If you decide to get a mentor make sure you are completely committed to achieving your dreams. Do not wait someone's time if you are not certain. When having a mentor, listen to his or her counsel. Show your appreciation for the time and energy spent helping you. And plan to repay the favor by mentoring someone.
10. **Increase your likelihood of achieving success by seeing it beforehand.** Create a success board (also known as a treasure map, vision board, or dream map). On a poster board, make a collage of pictures representing your dreams ... the things you want to accomplish in your life. To the collage add motivational quotes, inspiring words and photos of yourself. Hang the board in a place where you can see it several times a day. This can keep you focused on doing those things necessary to make the collage of pictures become your reality. .

Donna Satchell of STARR Consulting & Training is a motivational speaker, success skills trainer and author. She provides programs in customer service, team-building, time management, public speaking as well as motivational speeches which inspire individuals to live more rewarding, fulfilling and successful lives. Please visit www.JustGetSerious.com for information about programs/products and to view videos of Donna's speeches. Contact her at 770-498-0400 or Donna@JustGetSerious.com.

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