

How to make your goal *Achievable*

Achievable. Attainable. What's the difference? There is a difference, which brings me to this chapter.

Firstly, let's explore that question a bit more; what does the word 'achievable' mean?

Achievable can be described as something that can be accomplished and is considered possible to do.

Okay, interesting. Can the same thing be achieved by everyone? Can one person achieve anything they put their mind to? That's up to you. It depends on what you *believe* is achievable.

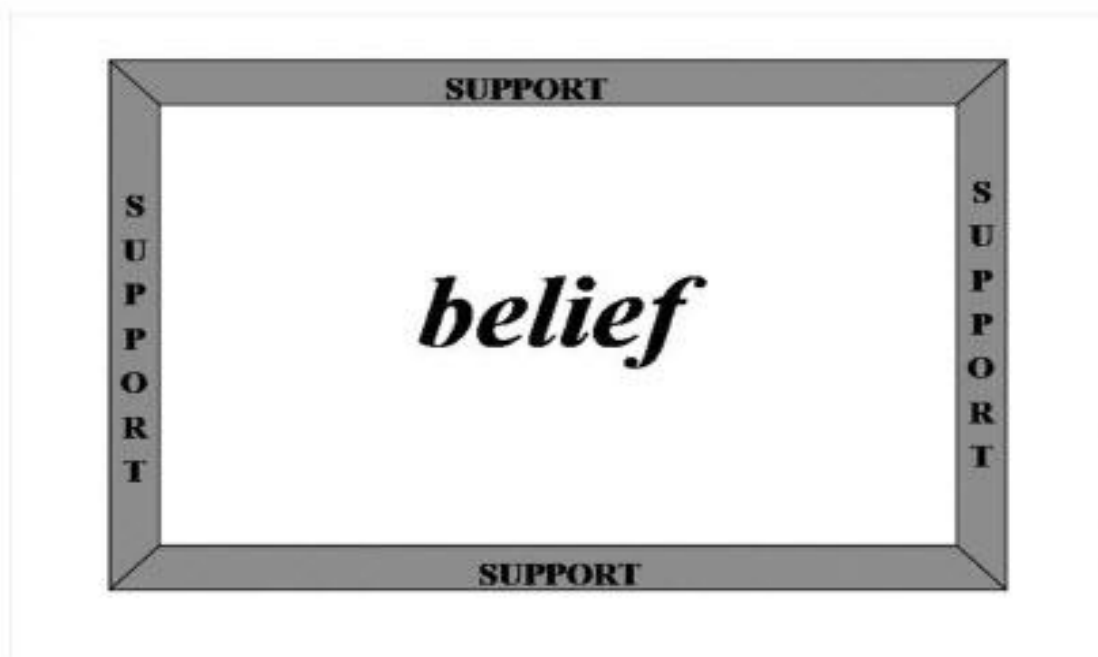
How beliefs are formed

This part of The SMARTEST Method is all about exploring your notions of what's possible, so more or less, your beliefs. We all have beliefs, and these are collected in our belief system. But where do they come from and what exactly are beliefs? There are several answers to this question, but I like to sum it up this way;

"Your beliefs are the accumulation of your own experience, what you've seen others achieve, what is declared as possible by others and the world, and what you are motivated by"

Maybe you've got a different definition, but I believe, that is a good description. So for a belief to become a belief, it needs to be supported. Think of your belief as a picture frame; your central belief is like the photo in the middle of the frame. And the four adjoining sides of the frame are the supports for that belief.

For example, your belief may be "I believe that the rich are greedy and don't share their wealth". Something of a limiting belief, but can be a common one so it's a good example. Now, what could be the supports for that belief? They could be, "My dad told me the rich people he knew were selfish and greedy; I met a rich person once who was pushy and rude; the news makes out that rich people don't care about others; the movies and TV portray rich people as greedy so this must be true". This belief and its supports are shown in the picture frame example;



- *You can download this diagram from the ‘Resources’ section of the blog to explore your beliefs and their supports—www.thesmartestmethod.blogspot.com*

Are those supports actual facts? Absolutely not! And they’re probably not even your own. They were things you were told, heard, exposed to or picked up along the way; not your own opinions and perceptions. But we form many of our beliefs this way. Here’s another example.

“I believe that good things come to those to wait”. So suppose these are your supports for that belief; “My teacher in school told me I would need to wait for success to come; the best things in life come later on after you’ve worked hard and paid your dues; if you don’t ask for anything early in life, you will be rewarded and get it later on; and nice guys finish last” In this example, a teacher imparted advice which isn’t necessarily true, another reference was a perception based on looking only at people who were successful later in life, another was that if you are patient someone will eventually notice you (which is never guaranteed) and one of them is a classic age-old saying. Are any of these truly the self-created supports of an individual person themselves? Probably not.

This is the secret to understanding where your beliefs come from. Beliefs have immense power and influence over us; they can move us forward with hope and perseverance and lead us to what we want, i.e. “I believe I will be successful in life” or, beliefs can be self-destructive and hold us back from our real potential, i.e. “I believe I am worthless and can’t achieve anything”.

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