

## Chapter 3: A

### How to make your goal *Attainable*

*“What is real? How do you define real? If you’re talking about what you can feel, what you can smell, what you can taste and see then real is simply electrical signals interpreted by your brain”.*

—Morpheus, The Matrix

What does this line mean? What does real mean? What’s real for you might be different to what I consider to be real. For something to be attainable it has to be real. Or does it?

Talking about this part of The SMARTEST Method might pose more questions than it answers, because exploring what is attainable is a very grey area, and certainly not a black and white one. If you look at what others in society have been able to attain, there are vast examples of what people are able to get their hands on.

#### Acquiring the real and the unreal

Whether it is wealth, property, merchandise, land, prizes, artefacts or products, these are all objects that were attained. But aside from attaining things in the physical sense, there are ways to attain the metaphysical—what can’t be held or touched. For example; feelings, attitudes, beliefs, values, states of mind or a sense of being on an internal level. Those are outcomes we can attain on our own, purely through changing the way we think, speak and act. Then there is what exists metaphysically on an external level, which other people give to you; attention, gratitude, respect, love, admiration, fame, etc. These are also things that are attainable, and

have a different meaning when given to you by others versus when you give them to yourself.

As long as you go after what can be claimed in the real, physical world that we inhabit, then almost anything is attainable. If your goal is to attain a rock from the surface of Mars, you can wait till NASA lands there sometime in this or the next century and put your order in, or get cracking on your own mission to fly to the red planet. Either way, it's far-fetched however, not impossible. Who would have believed at the start of the last century that man would land and walk on the moon?

The secret to success with goals is to keep it simple, which I emphasised in the first step "Small & Specific". You have to acknowledge what you have access to, who you know and what's manageable. But this is just a starting point. You can go one step further and create access to new areas and information, meet people who aren't currently in your life and push yourself in regards to what you can manage. But if this is your first time using The SMARTEST method, I recommend you begin with your immediate surroundings and what you can do and have in the 'Here and Now'.

## **What you want could already be within your reach**

Don't get the impression I'm telling you only to go for the minimum and never aim higher. You need to go through the process of using The SMARTEST Method a few times on a smaller scale so you become familiar with the strategy. Once you see that it works, you can then begin to apply yourself to bigger and more challenging, yet ultimately more satisfying and rewarding goals.

So how do you know what is attainable then? Begin by reminding yourself what it is you want. Look at the goal you wrote down at the very beginning of using The SMARTEST Method and stick with that. With that goal in mind, who do you know that has achieved that or something similar before? Is this person close or related to you, or do you not know them personally? How did they achieve that goal? What do you know about their journey towards their outcome? How long did it take them to acquire it? Who or what helped them along the way? How did that goal change their life and how does it continue to change their life?

I ask you these questions because these are the questions you need to be asking. Success leaves clues. Often, the strategies or approaches others have used to achieve their goal can be replicated. Learn about their step-by-step process, taking into account all the mini-milestones, obstacles, failures and small successes along the way. Their path to attaining what