

Chapter 6: E

How to make your goal *Energised*

And now, we are into the final three parts of The SMARTEST Method.

By now, you should have a *Small and Specific* goal, not too big yet to get started and clear as crystal in your mind. You've worked out the *Measurements* to refer to so you know when you're on track, and you've determined what will feel *Manageable* for you to begin with. What you're chasing is *Attainable* as it is something real and tangible, and you've determined what is *Achievable* based on your beliefs. You've discovered that you create your own definitions of what's *Realistic* through your imagination, and you will set goals that are more *Relatable* to you now because they connect with your values. And more recently, you were reminded that your goal is determined by how you perceive and manage your time, making them *Time-framed*, and you've learnt the usefulness of having clear tasks to work on repeatedly to get towards your outcome, making your goal *Task-orientated*.

As I said earlier, this is where I would have stopped with my goal setting in the past. I would come to a dead-end with a beautifully formulated plan and lots of certainty on the what, where, when, who and how. But something was missing. The foundation was set and I had my goal, but there was no point to it all. I wasn't feeling inspired, motivated or moved to make it happen. My goal looked right at home all penned out nicely on paper, but nothing was happening. I just wasn't pumped enough to get started.

There's this analogy I like to use called 'Life is a Road'. Imagine that life itself is like a road. Your life and everything that makes it up is the car, and you are the driver; you drive the car (your life) down the road (life in general). When driving, we all have a destination to get to, and there is

always more than one way to any destination. This is like our life direction or purpose, if you like. We're all heading towards something and there is certainly more than one way to get anywhere in life.

A successful journey on the road is had when you have a set destination, a clear way of getting there, and a car that runs well. If you don't have a map or some directions, you can take the wrong turn, end up running late or get lost all together; similar to moving through life with no direction. Much like us as individuals if we're not taking care of ourselves or replenishing our own fuel. I call this fuel Energy.

A goal needs to be energised in order to happen. We tap into all types of energy in life, using it to create power or make things easier for ourselves. That energy doesn't last forever as it has to be replenished over and over to get the same results. And the stronger the energy, the more output it can have and the longer it lasts.

Think of your goal as a car. It's made up of many moving parts which all work in sync to get the thing moving. So far through using The SMARTEST Method, you have created the many parts which make up the vehicle that is your goal. They will all work together but if the car's fuel tank is empty, that brilliantly designed car is going nowhere. It will sit there and look pretty but not achieve what it's meant to. With a full tank, the car will start, allowing you to drive for a good while before you have to refuel. Your goal responds to you in the same way and it doesn't just rely on the one load of energy to get it moving; it has to be replenished over and over again, in order to keep the momentum going through the tough times you will face. Now with your goal well assembled, let's add the fuel to get it going!

The Energy of your Goal

But what do we know about energy? It's powerful, yes and it does many other positive things, such as increasing your focus. With the right amount of energy stored, you can last longer, think clearer and perform more effectively. Energy also improves your resolve. This trait is what helps you to bounce back from failure and use setbacks as an opportunity for a comeback. You usually respond rather than react, and look at each obstacle as a chance to learn something new and become better at what you do.

With more energy, you have more flexibility. You can push yourself further and stretch beyond your comfort zones. Flexibility is imperative for any goal because you won't be able to predict everything that's going to happen and many things will always be out of your control. When a plan is halted or has to be altered, or when the world throws you a big surprise you just can't ignore or avoid, flexibility is the key to handling