

How to make your goal *Excited*

You've come far. Here you are, already looking at how to create a sense of excitement around your goal. Each step has led you to this point. On the journey taken so far, you've already reconnected with yourself, re-discovered what matters to you most and reinforced the power of setting goals that connect with who you truly are. You *own* your goal, and now it's time to really make it come to life.

ACTIVITY

Before moving on, mark down where you are on the scale below in relation to being excited; how excited do you feel about your goal and working on it, right now? 1 being poor, 5 being good and 10 being very excited.



- You can also download this scale from the blog “Resources” section.

So what makes us excited? It's the anticipation of a future event usually. Such as looking forward to a holiday, or being a five year old on Christmas Eve. What do you get excited about?

When we become adults we don't get excited as much as we did as children. I believe there are many contributing factors to this, with the main one being that life just gets in the way. We go to work and can get swept up in our responsibilities and problems there. We start families and become providers, which often puts our own dreams and desires on the shelf as we put others before ourselves. And in order to keep all this going, we will downplay life and take the fun out of it. For some reason, we tell ourselves that the best years are behind us and now, it's all about going to work, paying the bills and looking forward to retirement.

I hope you haven't fallen into this trap. I haven't and don't ever intend to. Occasionally, these kind of thoughts enter my mind, which is what allows me to write about them. But I don't let them take me over. I believe the best years are still ahead of me and I'm very excited about the future.

When excitement builds

Probably one of the best years of my life so far was in 2006. I was 23 going on 24 and the early twenties were a great time for me. At the beginning of that year, I embarked on my Life Coaching journey. Tracking down a Life Coach in Melbourne, we met in person and I signed up for about eight sessions with them. Each week I headed to their office on St. Kilda Road, Melbourne, where I fleshed out my goals and started to change my life. I had ambitions and plans, but wasn't sure how to make the most of them.

One of these goals was to make the most of my experience involved with the Melbourne Commonwealth Games. I'd been successful in getting accepted as a volunteer and would be assisting at the Opening and Closing Ceremonies. And the big highlight of the year was a return to the US summer camp I had first worked on in 2004. In between sessions on camp, I had earned my first Youth Work qualification and was looking forward to returning and applying the new knowledge I had obtained over the past year. Two big events locked in for the year, which would bring me many positive experiences.

My coach provided me with a goal planner format, which I used to identify my mini-goals for each experience. That helped me to bring up some fears, doubts and hesitations I had about both experiences and create several strategies for being able to apply myself in the best way. Once I had developed my goals, I had two detailed documents to take with me on my experiences, which I could refer to and read over, reminding myself why I was there and what my outcomes were. It was due to having developed those goals so clearly, that I had two amazing experiences as a volunteer for the Commonwealth Games and an incredible time working on my camp the second time around. In the lead up to these events, I was super excited every single day, looking forward to all I would be doing, seeing and experiencing. During the experience, I felt even more excitement as I saw my goals unfold right in front of me. Looking back on this time always makes me smile, because I found the courage to own my success and create my own excitement.

Your Life as a Wheel

In the last chapter, I talked about the analogy "Life is a Road". When thinking of what makes up your life itself, it helps to consider The Wheel of Life. See the diagram below;