

How to make your goal *Manageable*

So with your goal in mind, how are you feeling about it? Through the steps you've already taken, is your goal starting to have some substance to it; like you feel it's coming to life and could really happen for you? If you're feeling that way about your goal already, great! If not, don't worry. It will feel more and more possible and exciting as you continue through the method.

Know Thyself

It's important to be self-aware in life, would you agree? Knowing what your triggers are, when your buttons are being pushed, what matters or doesn't matter to you and generally understanding what makes you "tick" is the key to being prepared for life's unexpected events. It also helps you plan how to respond to things before they happen, meaning you are usually in control of your own life; living as a Master of your own Destiny, rather than a victim of your circumstances.

I'm talking about self-awareness because it's crucial in relation to this step of The SMARTEST Method. Here, you need to be completely honest and real with yourself. No fantasies, no massively inflated egos or delusions of grandeur. Seeing yourself, your life situation and the reality of life in general *as it is*. I know this can be hard sometimes, especially if something about you or your life isn't going the way you would prefer, but pretending it's something else when it really isn't, can be even more harmful to you over the long term.

Of course, there's nothing wrong with imagining yourself or your life to be better than it is now as this is the whole concept behind self-improvement. But what I'm hinting at is being *truthful with yourself* in relation to what you can be, do and have using what you currently know and can do—RIGHT NOW! If this sounds limiting to you, that's not my intention. I'm simply encouraging you to acknowledge what you have at your disposal in this very moment. You can always improve yourself on any level you wish to, but don't be too keen to race ahead and try to grab something "better" before you fully accept and appreciate what you've got at the moment.

You've already got what you need

Have you heard the saying, "You've got everything you need already?" What does that mean to you? You might be of the belief you are whole and complete exactly the way you are, and anything extra you do or get in life

is a bonus. Or, you might look at that phrase and say “Brian, I don’t have everything I need already! I’m still chasing that promotion at work, I’m not driving the car I want, I’m not where I want to be with my finances or wealth” and so on and so forth.

Well, I happen to both agree and disagree with the above phrase. Yes I haven’t manifested everything I want to have, experience or achieve in my life yet, but I also believe I’m whole and complete just as I am. Confused? Don’t be, because when you strive to have, do or be anything, this is almost always driven by a desired feeling; getting what you want will make you feel a certain way. It might very well do that for you and be everything you hoped it would be and more. But when you do get it, who is making you feel the way you want to feel?

That’s right; you are! Before you even obtained the thing you were chasing you pre-determined how it would make you feel, remember? When it lands in your lap, you take that thing manifested as the trigger and create that feeling for yourself.

Feeling vs. Thought

I mention that point because almost everything we do in life is driven by our desire to feel a certain way. And you don’t need to work on feelings, try to develop or acquire them. You don’t have to force yourself to feel a certain way do you? It just happens naturally. We’re human and every feeling we’ve felt or haven’t felt yet is within us. Some feelings we will feel more than others, and vice versa.

So on the topic of feelings, I want you to work towards a goal that you *feel like you can manage*. Whether you know if you can or can’t achieve it right now is irrelevant. Act on your feelings, not your thoughts.

Thoughts are powerful and productive . . . and that’s the problem. They can be so powerful in a negative way, they become self-destructive. When you over-think what you’d like to do, you start to rationalise, argue, debate, critique and put limits in place; and more often you do this to yourself first before anyone else does! Doubt kicks in, you second guess yourself and then you look for validation of this thought in your environment, because we hate to be wrong about ourselves and love to prove that we’re right. This is the agenda of the ego.

Speaking to someone else about what you’d like to do, injecting all the fears and hesitations you have about achieving it—even before you’ve taken action—will be picked up on by the other person. They’ll see or hear you’re trying to convince yourself that you can’t achieve the goal and they’ll confirm that for you by saying something like “Yeah, that does sound hard” or maybe they’ll say “Well, you can always just wait till you’re ready and try