

How to make your goal *Relatable*

Think back to when you were a kid. The world was so big and anything seemed possible right? You looked forward to being a grown up with such huge anticipation because when that day came, you could be anyone you wanted to be. What did you dream of becoming? I wanted to be a cross between an archaeologist and a stuntman, so more or less, Indiana Jones. He was my hero.

But then somewhere along the way, we lose sight of that. At school for example, many limitations are placed upon us from a very young age. And as we grow through our formative years we experience many firsts.

The First Times of Our Lives

Our first bike and the first time we were able to ride it on our own. The first Christmas we can remember wholly and how ridiculously exciting it was on Christmas Eve going to bed in anticipation that Santa would be visiting our home that night and leaving presents for us. Then there's other sacred moments like our first day of primary school and high school, our first date, that first kiss, our first crush, the first time we fell in love or someone said "I love you", and so on and so forth . . .

Then as we grow up, these firsts have come along and we find it hard to imagine the next time being as special. The *reality of life* kicks in and some of that magic starts to disappear. We then start to experience a whole new slew of firsts that aren't quite as happy or positive as previous milestones.

Our first heartbreak. Our first major embarrassment. Our first fight. Our first big disappointment. Our first encounter with death and the associated grief and loss that comes with that. These events stay with us and can shape the way we look at the world. They can dampen our spirits, alter our perspectives and potentially kill our dreams . . .

. . . but only if we let them.

So in seeing both sides to the many firsts we experience through life, take yourself back to the time when everything new was exciting. Where you believed in magic. When you felt nothing but love and enthusiasm for the world and everyone in it. Back then, you believed that anything was possible. But even though that time is behind you, it's not too late to feel that way again. And anything is still possible.

Inspiration and Passion: Your Shining Light

What inspires you?

To help answer that big question, consider these ones; what gets you excited and feeling like a child again? What makes you open minded with a curious outlook? What gets you to believe that opportunities are available everyday, every moment, around every corner? That's where I would like you to set your goals from; a place of complete Inspiration!

Because when you feel inspired, you are connecting with your Higher-Self; the part of you that is Magnificent. The part of you which may show a glimmer of itself only once in a while, but for the most part lays dormant because he's/she's been pushed down by your pain. All that baggage you've been carting around outweighs your true potential.

Also consider these questions. What gets you juiced? What do you love talking about? What do you make time for? What makes you feel good about yourself after you've done it?

In answering those questions, can you see a common thread or theme running through them? If so that is your Passion. If your answers were more diverse, perhaps you have several things your passionate about. But on closer examination what stands out most? Something will. That's what you are most passionate about!

Looking at both your passion and what inspires you, can you see a connection there? For me, I am inspired by movies. When I see a trailer that thrills, excites and moves me, I get really excited for the movie. I'll look forward to watching that film with high anticipation. When it's as good as the trailer suggested I walk out of the cinema feeling inspired because I connected with what was on screen. If what I believed that movie would be doesn't let me down, I feel like I know what makes a good movie and I can then usually predict what will make another good movie in the future.

This connects with me on a creative level, because my passion is writing. As I mentioned earlier on, it's a life ambition of mine to make my own movies. I'd like to write scripts and have them turned into big blockbusters. Movies that people want to see because when they see the trailer, they get excited and are hooked on the possibility of what that viewing experience could be like. That's what films have done for me and I now want to make other people feel that way. That's how my inspiration and passion are linked. And I believe I'm on the way to merging my passion and inspiration into a living.

If you're not quite sure what your real passion is or how to recognise when you're feeling truly inspired, you can also work that out by understanding what your values are.