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Achieving the Impossible Goals by Jane Thomson

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Having a big dream or goal is like trudging hundreds of miles through a desert. You have a destination in mind â€“ a beautiful place full of shade, trees, water and every thing else you could want. But as you struggle with the endless miles under the blazing sun with no sign of relief, your dream goal seems millions of miles away.

You feel exhausted. Worse, you feel overwhelmed. It would feel so good to give up right now and spare yourself the torture of wondering if you will ever reach that beautiful place â€“ the oasis that others dream about, but only you have the courage to pursue.

The problem is you canâ€™t get there the way youâ€™re going. The sun is too hot and the road is too lon Trying to get there by walking is a bad idea.

Most people would have given up a long time ago. Itâ€™s true that you canâ€™t get to your destination b doing what youâ€™re doing. But that does not mean that you canâ€™t get there at all.

Sit down and rest just for a moment to collect your strength. Take a minute or two to rethink your plan and try to come up with a better one. As you sit deep in thought, you almost donâ€™t hear the sound of the train rushing by in the distance.

Wait a minute! Youâ€™ve found your solution. All this time, youâ€™ve been walking towards your destination. Why arenâ€™t you on the train?

Trying to reach tough goals using only your conscious mind is like walking hundreds of miles without water through a scorching desert. When you enlist the help of your subconscious, the 90% of you that exists beyond your awareness, reaching your goals is like taking the train.

Chances are, youâ€™re only using a fraction of the resources available to you.

Ask yourself what you really need to achieve your goal. Do you need money? Do you need new skills? Help from others? Whatever you need, you can get if you know how and where to look for it. Itâ€™s time to activate the creative side of your brain.

Try this simple exercise. Sit down with a pen and a piece of paper. Put on some soft, classical music and relax as much as you can. Now start brainstorming every idea you can think of to accelerate your goal. Some ideas will seem pretty off the wall. Others may be completely worthless. What matters is that you keep on writing out possible solutions until you completely exhaust yourself. Then you turn it over to your subconscious.

Go to bed and sleep on it. As you sleep, your subconscious will keep working on finding the perfect way to reach your objective. Keep a pen and paper by your bed so you can write out any ideas that occur to you when you first wake up.

It wonâ€™t take long before an idea hits you out of the blue. Youâ€™ll know it because it feels just right fo you. Once you have your winning idea, youâ€™ll feel as though youâ€™re on the express train to your dream destination.

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