

Feel Undeserving of Your Goal? What Can You Can Do?

Our question today

How do you chant when you feel undeserving of your goal? I have lofty ambitions but don't have the confidence to be what I'm chanting to become. For example let's say I am chanting to be a top businessman, but then realize I don't have the confidence to network or lead a team. Should I be chanting to become a top businessman or should I be chanting for the confidence that goes into being a businessman?

Its important to address and surmount this feeling of being undeserving as we get what we feel we deserve. So what can you do?

1. Take an inventory of your skills and abilities and talents and realize you have a lot to offer. Then plan to do something every day to upgrade and seek improvement on a daily basis. You don't have to spend a lot of time, but do something. Your self esteem will grow as you grow.
2. Identify the source of your negativity about yourself. If feeling angry and hopeless, identify the thought that made you feel that way. Rather than dwelling on the negative, look for the positive in the situation. There is always something positive as there is something to learn in every situation.
3. Remember what you've learned from Buddhism. When you first came into the practice, you learned that you have a Buddha nature. What does this mean? It means that at your core, you are one with the dynamic creative energy of the universe itself. Through this practice and through taking on one goal after another we come to understand what incredible beings we are.
4. Remember that being positive is more powerful than being negative, so climb back on track and start focusing on the positive in your situation.

How do you set a goal then?

In *Faith into Action*, Daisaku Ikeda says:

“ If you immediately set out to climb a high peak without preparation, the challenge would be beyond you. You might be forced to abandon your ascent, losing your way, or even suffering altitude sickness. It might be better to attempt a goal suited to your level.”

No one wants to give up their ambitions so let's see how we can keep them but also not be overwhelmed by them.

Step 1: Have a purpose in mind, lofty goal. This is your intention. In order to develop clarity, be as specific as you can about what that looks like. It will clarify what you are aiming for. It also provides an initial blueprint for the universe. It is not written in stone and can be modified at any time. If its going to be your business,

What kind of business would it be? What is your product?

How do you see yourself functioning in that business?

How much money do you want to make?

How big do you want your business to be?

If its someone else's business, what do you want your role to be?

What would you be doing?

What skills would you need to master.

As you clarify your thinking about your business, you may find there are parts of the business that you don't really want to do, or don't yet have the skills to do. Skills of course can be learned at any time. You may find you are of two minds about your role.

Step 2: If this is the case, chant for clarity and a way to work in the business that fits you and your interests and abilities. You are in charge here. The universe isn't going to surprise you with something you can't handle. You are also going to find that as you take one step and then another that your business and what you want to do with it will develop in an organic way as you gain experience and direction.

Step 3 Chant for the first step towards your over-all purpose.

The universe will take you one step at a time towards your goal. At each step you may find you have a skill to learn, a fear to surmount, confidence to build, adjustments to make, or faith to build. You may find that your negative beliefs are holding you back and you need to change the beliefs you were taught about what you are capable of, or negative beliefs about successful people or about money. These are your steps of human revolution, your steppingstones to enlightenment, or Buddhahood.

When you handle these changes in bite sized pieces rather than taking on the whole thing at once, your goal becomes doable.

Step 4: Chant for the confidence to handle the first step. Chant until you feel confident and then take the action required by the first step. If you have to surmount a fear, chant for the courage and then take the action. Overcoming fears will help you build confidence.

Step 5 : When you have taken action towards the first step, the next step will appear. The universe never shows us the entire path all at once. It's as though we can see to a corner and no further. But once we take the steps to that corner, then we can see the next segment of the path.

When you take steps one at a time you will build the confidence and skills you need as you go along. Remember, there is no rush. If you look at how the universe works in nature, nothing gets built quickly. Everything happens at the right time. You can trust that that same thing will happen as you chant for your goal.

If you find at some point that you've made a mistake, that this goal isn't for you, that's fine. You've learned something. So re-envision your goal until it fits who you are. If you're developing a business, it's going to fit you and your particular strengths

Remember oneness of self and environment. If you hold your lofty goal, your intention in mind, you are going to find one day that it has showed up while you were focusing on the steps.

Step 6. Find a role model.

Leaders don't arrive fully developed. They grow into leaders one step at a time.

Find a role model who has done what you want to do and apply the lessons they model, particularly their mindset.

In your Buddhist practice, you have role models in your practice. For example, In *Daily Encouragement*, For Today and Tomorrow, Ikeda has many daily encouraging encouragements which would apply to the mindset of someone developing a business. For example how not to let other people talk you out of it, being true to yourself, continuing until you've accomplished your goal and many others.

Then look at Ikeda himself and how he built the Gakkai in "The Human Revolution", how he used his chanting practice to accomplish the steps leading up to his goal of building the organization. There is a lot on the behavior of leaders, and how to treat the people you are working with.

Summary:

We've looked at steps to take if you feel undeserving of your goal.

Then we examined how to set a goal that is above what we think we can achieve. We discussed how to break it down into bite sized pieces you can develop the abilities and skills needed to realize your larger goal.

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