

7 Ways We Block Ourselves When Setting Goals

This week I had a request – to discuss how we get in our own way. Since this is a major topic, I am going to make a series with each vlog focusing on different issues. This week we are going to address how we can get in our own way when setting goals.

Chanting is never wasted. Your life will continue to improve even if you chant without goals. But if you have something you want to achieve, then things are going to move much faster and more directly when you set a goal.

A goal is your target telling the universe where you want to go. Can you imagine flying across the ocean without knowing where you were going to land? Of course not, and it's the same way with goals.

So today we are going to discuss issues that get in the way when we are setting goals.

What We Project to the Universe, We Receive.

Often we set goals without really considering how we are thinking about them. Our mind is one with the creative power of the universe through our

Buddha nature. This means that what we think about the most we are going to manifest in our lives. So we want to be clear about what we want.

1. Half-hearted goals

If you are setting a goal, using your mind in a half-hearted, lackadaisical manner, this is what you are projecting to the universe. And, you will get a half-hearted response. What we project to the universe is what we get back.

As D. Ikeda says,

“The resolve to accomplish your goals is what counts. If you earnestly put your mind to something, your brain, your body, your environment – everything will start working toward achieving that goal.” FIA 35

If you don't have a real resolve, then there will be no energy behind your goal.

2. Unclear, vague goals

Sometimes we set goals that are unclear and vague in our minds. They have no clarity. Without clarity, how do you know where you are going? It's like trying to walk down a path in the fog. If you project unclear results, then don't be surprised if unclear results show up. Remember oneness of self and the environment. If you get unclear results, this is an indicator that you need to look at what you are projecting when you set a goal.

If you don't know how to make your goal clear, then I would back up a step and chant for clarity. You want a clear, specific, positive end goal.

What Does a Clear, Specific, Positive Goal Look Like?

First – you want to chant looking at the end goal, the solution to your problem. Let's take a weight loss goal. You wouldn't chant to lose weight. If you are chanting to lose the weight, you are looking at the existing problem, that you are overweight and want to lose it. Instead chant for your goal weight.

Let's say you have a relationship problem. Ask yourself, what would an ideal relationship look like. Then, as you chant or during the day, don't look at the existing problem, but at what your ideal relationship will look like.

Let's say you have a problem in the workplace. Chant for the solution to that problem.

Or if you want the perfect job. What would that look like to you. How much money would you be making? What would be your working conditions look like?

You could also chant for a job that uses your strengths and abilities.

3. Are You of Two Minds About Your Goal?

If you are conflicted about your goal, it is unlikely anything will happen. If you are conflicted about whether you really want it, or which direction to go, rather than chant for an unsure goal, I would chant to know what your correct direction should be.

4. Are You Chanting To or From Your Goal?

Are you chanting about your goal as though it is going to happen in the future? I call this chanting to your goal. If you are envisioning it in the future you are projecting to the universe that it is always in the future, not now.

Instead you want to chant as though your goal is already accomplished. I call this chanting from the goal. People comment that it is impossible to imagine their goal as already done before it has actually happened. If this is hard for you, imagine yourself transported to the future, after your goal has been accomplished. What does your completed goal look like, as you look back at it.

What action could you take to make your goal feel real in the present? If my goal was to buy a house I would see myself signing the closing papers, or putting my key in the front door for the first time with the feeling of excitement I would have as if it were actually happening.

5. Goals that Are Too General

Sometimes people chant for goals that are too general. For example, I want to make more money.

Instead break your goal down so it is much more specific. How much money do you want to make, in the next quarter or the next year? Or maybe you want more sales. How many and by when?

If you were creating a visual for your goal what would it look like. I think of it as setting up an architectural drawing on invisible planes which will manifest when the time is right. What do you want that drawing to look like? Make it perfect and either write it out over and over, or make the drawing more detailed.

As Daisaku Ikeda says:

“You are the author and the hero. To perform your play thoroughly you need to see it vividly before your eyes. You may need to rehearse in your mind. Sometimes it helps to write down your goals, copying them over and over until they are inscribed in your heart.” FIA p. 35

6. Give Yourself a Time Limit

Give a time limit by which you will have reached your goal. This tells the universe that you are serious about it. Know that the goal could arrive on the last day of the time limit, so hang in there until the end.

Giving yourself a time limit galvanizes your energy to achieve it by that time. It also allows you to project a much stronger force to the universe to attract what you need to accomplish your goal.

7. Have You Given Up on the Way to Your Goal?

Sometimes people give up on their goal when they run into obstacles, saying to themselves, “Maybe I’m being told I shouldn’t be doing this.” This implies that

some other divine being is making the decision about what you should do with your life.

But Buddhism teaches us that it is we who write the script for our lives, not a divine being. If you are giving up because of difficulties, thinking you've hit a dead end, then you've completely gotten in your own way. Instead, challenge yourself and keep pushing on. You will never be deadlocked if you are using the practice. There is always another way to the destination.

Summary:

Today we covered 7 ways we block ourselves when setting goals

- 1. Setting a half hearted goal**
- 2. Setting an unclear, vague goal**

What a clear, positive goal looks like

- 3. Being of two minds about your goal.**
- 4. Are you chanting as tho your goal is in the future Chant as tho it has already been achieved.**
- 5. Being unspecific about what you want**
- 6. Not having a time limit**
- 7. Giving up before you achieve your goal.**

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<http://wp.me/p3V1J9-N3>

3. Can't Chant for a Goal? What do You Do? <http://wp.me/p3V1J9-Mr>

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