



Asian Woman *focus*

INSPIRING ASIAN WOMEN EVERYWHERE TO LEAD
EMPOWERED, PASSIONATE AND FULFILLED LIVES

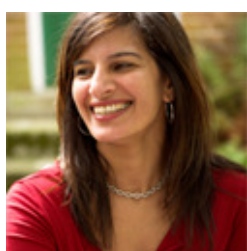
Newsletter packed with ideas, latest research, tools & techniques specially geared to supporting Asian women excel in their career, relationships, family and in celebrating their own individuality.

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February 2011

ISSUE 9

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- ◆ Feature article: Is your dream the right dream for you?



Please forward this newsletter to anyone you think may find it valuable.

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Hope you are having a great start to the New Year!

For me the start of the year is time to get clarity and set direction. And the way that I do that is to set myself goals. I must admit I am a bit of a goalaholic....mmm give me a goal to sink my teeth into any day. I wouldn't be enjoying some of the great things I love about my life today if I hadn't consciously set meaningful goals in previous years. I just started delivering an 8 week coaching programme to a group of 12 seventeen year olds in an East London School. It was an amazingly moving experience and a great privilege to share and explore ideas that they can use for the rest of their lives. Having survived the first week, I can't wait for next week.

Is your dream the right dream for you?

I have learnt over the years, how important it is to set the right goals, and not just ones you think you should be setting. If there is a 'should' in there, it may just be someone else's dream.

When you think about your goal does it give you a sense of deep contentment, happiness or excitement? These are good signs that it is the right goal for you.

Too much of the time people set a goal because they think it is a goal they *should* have, or it may be a goal that the media has persuaded them they need. Which is why we can sometimes feel empty or unfulfilled when we achieve a goal that we thought would bring us happiness and then we find that the happiness is short lived.

*Setting meaningful goals,
allows us to take charge of
our lives and design a
future we will be proud of*



So invest time up front before you start to set goals and get busy working hard to achieve them.

Ask yourself:

- What meaning will this add to my life?
- How important is this goal to me, honestly?
- Which of my values is this goal honouring?
- How will it grow me as a person?
- What will it bring into my life?
- What will I have to give up?

The key is to be completely honest with yourself. This is sometimes harder to do than it sounds.

A goal is a dream with a date on it

One of my clients once said to me, "I don't do goals". However as I explained to her, we all have goals even if we don't formalise them and call them goals; we all have things we want to do, be or have.

It's the way we humans function; we always need something to look forward to. How great do you feel when you've just booked your holiday or made a firm decision to do something? It's because the way our brain is structured, it likes to achieve and to move towards something whether we are consciously aware of it or not.



So invest the time to really think about what you truly want and what it is genuinely important to you. When you do this you are in a position to consciously set yourself goals that will bring you genuine happiness and success that is fulfilling.

Get a pen and paper now and write down 3 things you genuinely would be so excited to do, be or achieve by the end of the year.

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