

Hello Friends, Goals are an essential part of life. They keep our minds active and creative, which is so good for our brain health. Goals and dreams also keep our curiosity open to new opportunities, which will supply us with endless inspiration to draw from, and that is nourishing for our soul.

If you are anything like me, you love to dream and follow through with it. If you love to dream but failed to accomplish it, it doesn't mean that you are not good enough for your dream or that you don't have it in you to see things through.

You may feel like you are a failure, but the truth is far from that. Trust me, the only part of the puzzle you are missing is actionable steps to bring you to the finish line.

I have created a guide that will help you to get to the finish line. There are only ten actionable steps that you need to take to bring you safely to your goal without stress.

You see, my friend, I have done a lot of uprooting since I was a kid, granted all decisions were made by my parents at that time, but they taught me to take risks in life at a very age. I have learned that everything is possible from them.

But as I got older, I had a lot of dreams and goals, but I didn't have the formula to see them through.

I was frustrated, well I hate to say it, but I did feel like a loser. I thought I was going to go through life like a lost cause.

When I got older, I realized that dreams and goals are not obstacles if you break them down into bite size pieces. They are all attainable if you are willing to go through the steps.

For those of you who know me well, know that my husband, Paul, and I are artists, we have moved around from one province to the next, from towns to towns, country to country, and all in the meantime setting up our art business in most places that we settled down.

We also traveled extensively, and just before Covid, we accomplished our four-month dream trip to Asia, and our latest feat was to move across Canada the second time around and purchase our dream house with the ocean view.

So when it comes to dreaming and accomplishing them, Paul and I are quite good at it.

If you wish to know how we did it, I have created a step-by-step guide to bring you there. I have refined my steps along the way, and I think I finally got it down.

Enjoy the read!

10 Strategic Steps to Accomplish your Goal
by Ting Yuen



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10 Strategic Steps to Accomplish your Dream

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#1 Visualize your dream

Visualizing your dream is an essential first step. When you have a goal in mind, you must write it down and make it real.

Then visualize it or create a vision board.

If you were to visualize your dream in your mind, do not just let them be random thoughts, do jot down keywords that describe the details of your goal.

To make a vision board, cut out images and words that describe your goal.

For both methods: Display your dream words or board in the room that you spend the most time in, for example, your studio, living room, reading room, or your bedroom.

Remember: Don't be afraid to dream big and get into details.

#2 Validate your dream with your subconscious mind.

This practice is a cerebral visualization practice.

Now, I would like you to close your eyes and imagine what it would feel like to accomplish your dream. Concentrate on the image that you see in your mind's eye, and as you do this practice, feel the expression on your face and your body.

Is it happy, or is it frowning? Let your body tell you, your soul's desire by intentionally listening to the expression of your body.

How does your body feel when you think about your dream? Does your body react in a relaxed way or a stressed-out way? If your body reaction is favorable, then you know that you are on the right track.

"Shoot for the moon. Even if you miss, you'll land among the stars." –Les Brown

#3 Talk about it

Talking about your dream is just as important as visualizing it. When you talk about it, you can listen to your thoughts. And by hearing your thoughts, you can foresee much-needed challenges that you may face in the future.

Talking about your dream with your friends, family, or peers also makes you accountable for your words. These conversations can stimulate the frontal lobe of your brain, making your dream more tangible.

By the way, talking to your friends and family does not mean you have to listen to their advice, take it with a grain of salt and stay focused.

#4 Find out everything that you can about your dream.

Now, this is a crucial step, whatever your dream may be, find out more about it.

Do your research online if you are not satisfied with your finds, get on the phone, and make a few phone calls to the right people.

If the person you called is not the right person to talk to, do ask for a referral.

Remember, you have to be proactive, take action, and make it happen.

Action always leads to Results.

#5 Write down the Pros and Cons

Grab a piece of paper and make three columns, under the first two columns titled one with the word PROS and the other one Cons and on the third column titled it with Solutions.

Now, write down a list of the positives under the column labeled Pros and make a list of all the negatives under the column labeled Cons. Be as detailed as possible.

This practice will give you a lot of insights into your goal and also helps to eliminate surprises.

#6 Write down your Solution to the Cons

After you have done your Pros and Cons, on the third column that says Solutions, come up with solutions for all the negatives that you have put under the label Cons.

For example: if under your Cons, you have stated: "What if the market is not suitable for my artwork?" under the Solution column: You may say, "Get working on my online market."

#7 Brainstorm the details on how to make your dream come true.

Write down everything that needs to happen before making your dream come true. For example, if you want to make a move, then you need to find out how much it will cost to make this move.

For eg. What does the move entail? Perhaps it enquires you to find a new house and a job at your new location.

Don't leave out any details. You want to be as specific as possible.

#8 Work on your money discipline.

Articulate how much it would cost you to have the right outcome.

Money makes the world go round without it, there will be no movement, and no action means no results.

When you think about how much it would cost to make your dream come true, write them down. Always overestimate the cost that is involved in making your goal into reality.

For Eg. Let's say your dream is to become a full-time artist. You would then need to find out how much it would cost you to set up a website, rent a retail spot, or apply for art shows, etc.

Now let's work on saving some money to accomplish your dream. You have to be willing to make sacrifices for your goal. If it means no more dining out once a week for the next year, then commit to the challenge. You have to be dedicated and ready to do whatever it takes to accomplish your goal, and it takes discipline.

#9 Set up steps to get it done.

Brainstorm everything you would need to do to make your dream come true. Don't forget all the little details.

Now, Itemize them in the rank of importance and urgency.

Itemizing your list will help you to organize your dream efficiently and make it happen.

Rank your steps above by order of importance by numbering them. The most important one gets done first, and the least important one gets done last.

Under each chore, jot down the steps that you would need to do to get it completed.

#10 Schedule them accordingly to the rank of importance and urgency.

Now things are looking more like it is doable. Let's schedule them in, put a date on each one.

When you have decided on the schedule, remember you can always change the date to suit your needs accordingly whenever it is suitable.

Do make a decision but remember to be flexible.

Now let's plunge into action.

After the above 10 step process, plunge into action when the time is right, tackle your dream fearlessly. After all, you have done your due diligence, and you know the ins and outs of your goal setting.

The above guideline should eliminate any surprises that may come your way. You are now well equipped to accomplish your dream.

But if an unforeseen obstacle does come your way, revise your list, do your pros, cons, and solutions, you will find your answer. Remember, you are resilient and wise, and you can overcome any challenges. Do not get overwhelmed, learn to adapt, and to ask for help.

Well, there you have it my friends. I wish you all the best to accomplish everything you want in life. If you follow these steps, you will get to your goal seemingly stress free.

If you have enjoyed this download, you may want to check out my free resource centre here:

<https://www.tingyuenart.com/artists-free-resources.html>

With Creative Joy,
Ting

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"The trouble with not having a goal is that you can spend your life running up and down the field and never score." –Bill Copeland