

Success starts with a vision

In the last three articles for this column I have dealt with removing the obstacles to successful goal achievement. Most of what stops our progress is found in the perceived obstacles. Today it is time to explore the action steps to take once the barriers are resolved. If you integrate all of the material covered in past weeks and in this entry, your chances of success are assured.

One of the most powerful techniques for success is the process of visualization. Everything created by man in the physical universe first began as a picture in someone's mind. The Empire State Building began as a thought, a vision. In my own experience, I use visualization before I perform surgery. Prior to all my operations I go over all the steps in my mind to assist my performance. I picture a perfect outcome and the intention I set is that the patient does well.

My suggestion for you is to create what is called a "Vision Board." A Vision Board is a collage made up with pictures of what it is you intend to bring into your life. Take poster paper and glue pictures of what it is you wish to achieve. You can easily find suitable pictures in magazines. Cut out pictures of what you want and glue them onto the poster. After you have created your vision board, hang it up where you will see it everyday. This is a very powerful process.

I have an intention to one day own a ski cabin in Park City, Utah. I therefore have a Vision Board of my dream house on the wall of my home office. I don't have a time frame for this, I just have the picture. I will wager you that before I leave this life, I will be in that house.

The next key to success is to model after success. The old saying is, "When in Rome, do as the Romans do." Another expression to describe modeling is, "Act as if." If you aspire to be successful in any business, you model the top in your field. Find out what the top business in your field is doing, and then copy it. What kind of clothes are the people at the top wearing? Find out and dress like them. A humorous but applicable example is if you want to be a real estate baron, dress like Donald Trump.

Words are important in goal setting. It is critical to be careful of the words you use when writing your intentions. It is important to be specific about what you intend. Use declarative statements like, "I intend to own a house in Park City, Utah." A wise perspective is to be definite with the infinite.

The last key for success is to be of service. A quote from goal setting expert Zig Ziglar is, "If you want to be successful, help other people be successful." The biblical expression is give and you shall receive. This is a fact. The more generosity I extend to my patients, the more gracious they are in return, and the better the practice becomes.

On setting goals Michelangelo said, “Our greatest danger is not that we aim too high and miss it; but that we aim too low, and reach it.” Set your target high and rest assured you will not be disappointed. Incorporate all of these goal setting principals into your life and watch it become extraordinary. For more inspiration visit the articles section on my web site at drmcquaid.com.

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