

I Am Ready for This!

From Good Ideas to Great Achievement



COURSE OVERVIEW

In the past, we were happy with just having had ideas. Some were good, some were not, and some we managed to realize. However, there wasn't any consistency in realizing some of our ideas. As we move through this course, we will discover a way to consistently take our ideas and turn them into realities – we will turn them into goals.

COURSE OBJECTIVES

By the end of this unit, I will understand:

- that it isn't enough to just have good ideas.
- I need to take my best ideas and turn them into goals.
- the process for turning my ideas into achievable goals.

*In order to move forward, having an idea is not good enough.
We need to have very clear goals.*

LouTice

KEY CONCEPTS

Assimilate/Assimilation: The incorporating of an idea or thought into the subconscious; the absorption or process of incorporating something external into one's cognitive processes; making new visions a part of our lives; e.g., one learns and can behaviorally manifest mastery of fundamental mathematical processes.

Goal(s): A sought end that may be actual and objective, or internal, subjective and operational; conceived future; distal goals are end-results, targets; proximal goals are near-term means to the end-result.

Goal-Setting: The act of establishing what we want.

Ideas: A product of thought.

NOTES

Write down your ideas, observations and insights as you work through this unit. Date your entries.

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EXERCISE: Record Your Own Evidence

- When in your life, whether you were 6, 12, or 18 did you want something so badly that it was all you could focus on? Describe it fully below.

- Did you get it or at least come close? Describe the outcome below.

- Was the picture in your mind so vivid that you didn't give yourself the option to fail? What did it look like?

- Did you have to block the negativity of others around you who tried to take your goal away from you? How did you shut out others' comments?

- Did your self-talk continually take you toward your goal or away from it?

EXERCISE: Moving My Ideas into My Goals

For this exercise, list some great ideas you have had in the past year in the left column. In the middle, identify which of these great ideas you want to move into goals. In the right column, jot down some tactics you can use, in order to begin to move your ideas into goals.

RECENT "GREAT IDEAS"	IDEAS I INTEND TO MOVE INTO GOALS	HOW I WILL BEGIN

SUMMARY: Fundamentals

When a goal stays in the forefront of our minds, because it is aligned with our values and our purpose, the motivation to navigate obstacles, overcome challenges, and power through barriers happens as a direct result of our intentions. With deliberate focus and attention on what we expect, we set up our brain, and thus ourselves, for success.

Having the idea first is vital to the process. It is the genesis of a goal. But what is the difference between having an idea and having a goal?

That question should generate a lot of thought. We need to be specific and accurate about what we intend. We need a plan. We need to commit. We need to hold ourselves accountable. We need to have an end time. But ultimately, the bottom-line difference is, we need to do something. When it was just an idea, there was no obligation to do anything. The biggest difference between an idea and a goal is “action.” We are no longer content with the dream, the idea of being or having or doing. Instead, we intend to make it happen.

That’s a big jump. For many of us, the idea of enrolling in higher education may have been an idea – a great idea – for a long time. Maybe it wasn’t just our idea. As we all know, we have lots of people in our world who are more than willing to share their ideas with us as to what we should do, or how we should live our lives. We probably have many friends and family members whose best ideas seem to be for other people. And when they share those ideas with us about what we should do with our lives, it’s very satisfying for them. They get that look in the eye like, “Job well done! I’m good at this. Now that I’m done with you, I’m going to find someone else and tell them how to fix their life, too.” It’s not hard to have ideas and it’s really not hard to have ideas for other people.

It is a big step to make that idea a goal and even a bigger step to make that goal a part of us. This is the process of going from Goal-Setting to Goal-Assimilating. When we assimilate, we absorb. We take it in and make it a part of us.

Let’s go back to the idea of enrolling in higher education. If you are participating in this course, you have made the important step of goal-setting. It’s no longer just an idea. You have put your thought into action. But in order to complete your education, to graduate, you need to take the next step of Goal-Setting to Goal-Assimilating. It’s in this intentional process that all the marvels of the brain, through deliberate attention and focus on our goals and through the continual evaluation of all that you are doing to cause your goal, that our brain releases its wonderful potential. It’s not magic. It’s being intentional and deliberate. It’s taking control of what it is that we expect in life.

It is this process that we will unfold for you in the following units. We will lay out scientific research, psychological concepts, and timeless principles in step-by-step, concise segments. We will use discussion, reflection, and exercises to enhance understanding, and encourage all to apply it – which means practice, practice, practice, repeat, repeat, repeat. All those ideas we have had and most specifically this one – getting our education – isn’t as far off as we think, if we are willing to apply the best of what we know as to how our brain works for us.



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