

Tend to Your Garden

Nourish your dreams and goals

It is often said that life is what is happening when we are busy working and taking care of everyone else. Sometimes people just go about their day-to-day routine without giving it a second thought. They just go through the motions. Then they wake up one day and look in the mirror and say, “Whoaaaaaa...where am I? How did I get here?” If this has happened to you then please continue reading.

We *love* to spend time focusing on other people’s lives. Their drama and problems are much more exciting than our own. Come on now admit it you know it is true. Plus then our lives don’t look so bad. However, when we take time to focus on office gossip, our friends’ latest fiasco, or solving problems for our grown children we are taking away time that is better spent on focusing on pursuing our goals and dreams. Sometimes it is ok to be greedy and focus on YOU! Changing to this new mindset will not happen overnight but it can happen and should happen. It is time to tend to your own garden. It is time to nourish your dreams and goals.

Everyone has goals and dreams. Do you know what yours are? When was the last time you did something to make those dreams and goals become a reality? When you are not tending to your own garden you are not helping it grow. Think of your goals and dreams as plants in your garden. If you are always tending to someone else’s garden your plants in your garden will dry up, wither away and die. However, if you tend to your garden daily your plants will thrive, and you will have plenty of produce to give to your friends and family.

Goal Setting requires the use of the acronym SMART. Goals must be:

S- Specific – The goal must be specific. Don’t just say you want to earn more money or own a vacation house. Be very specific. How much money do you want to earn. What type of house do you want to buy? Where will the house be located?

M – Measurable – How will you be able to measure success? Do you know the steps necessary to make the goal achievable? List the steps so you can see how you must proceed.

A- Achievable – How are you going to achieve the results? If you need to go back to school or update a resume then those are steps necessary to make the goal achievable.

R – Realistic – Is the goal realistic? You cannot become a doctor within one year if you have no college education or if you do not have the time necessary to attend medical school. Ensure your goal is realistic.

T – Timely – Be sure you place your goal in the proper category such as short term or long term. You must be able to complete the goals in a timely manner. Again, if you want to become a doctor and have no college experience then it will take more than five years to complete the goal. So that goal would be placed on a very long-term goal list. The short-term goal would be to take the college placement exam and enroll in classes. The long-term goal would be to get a bachelor’s degree because that can be completed in 3-5 years.

I want you to take this course, a pencil or pen, and extra notebook paper and find a quiet area of your house, backyard, or anywhere that you can find peace. Go on...go to that spot. I’ll wait.

Now, turn your cell phone to vibrate (I knew you had it with you). Close your eyes and allow yourself to think back to your childhood fantasies, your junior high school era dreams, high school aspirations and your young adulthood wishes for the future. Remember how great it felt to be filled with hope. Your heart was happy, and the world seemed to be yours for the asking. Well guess what ...it is. All you need to do is believe in yourself, ask the Universe, and design a plan.

List below your short and long-term goals for your professional and personal life. Don’t be shy...these are your goals and dreams. Also, do not let anyone squash them or tell you they aren’t possible. Hide your list if you want to, but don’t forget where you hid it.

Short Term Goals – these are goals you will complete within 1 year.

- 1.
- 2.
- 3.
- 4.
- 5.

Long Term Goals – these are goals you will complete within 3-5 years.

- 1.
- 2.
- 3.
- 4.
- 5.

(You can list more if you would like just don’t overwhelm yourself)

Now how will you apply SMART to your goals? I want you to list each goal that you list above separately on a piece of paper and under each goal write SMART and then a description.

Example:

Short term Goal #1

Save \$1200.00 by the end of the year.

S- Specific - \$100 must be saved each month

M- Measurable – look each month at my bank balance

A – Achievable – plan a budget that includes my saving \$100 per month

R – Realistic – determine if this is realistic or if I need to find another job

T – Timely – Yes, this is realistic and can be accomplished in 1 year.

Now people typically write their goals in a journal then put the journal away and never look at it again until they are hunting for something else and stumble upon the journal. Seeing the unfulfilled goals can be very depressing. Because it makes you realize you are not living life on your terms. *You are not living the life you ordered.*

In order to have the life you ordered you must apply **the Laws of Attraction.**

Definitions:

Laws of Attraction - we attract those who are similar to us. Look around who you have as friends. Do they have the same drama or passions as you?

Universal Laws of Attraction - We attract whatever we choose to give our attention to - whether wanted or unwanted. Notice how when you are around sick people you get sick or if you are around people constantly complaining you begin to adopt a negative attitude too. However, when you are around positive people you feel inspired and have a better mental outlook on life. You begin to feel as if the world is yours and there is nothing you cannot accomplish.

You need to let the Universe know what you want so that you can receive your goals. Applying the Laws of Attraction is not wishful thinking. It is about having the right attitude, knowing what you want, and getting up off your backside and taking the necessary steps to achieve your goals. You must be positive. Have you ever known people who are always sick or just magnets for drama? They constantly complain about how sick they are feeling or how miserable they are. Well guess what, the Universe is hearing them talk about being sick and miserable and that is what it is giving them. You must have a positive mindset and let the Universe know what you WANT. Do not keep telling the Universe what you do not want; focus on the positive.

Now using a blank sheet of paper or a poster board, I want you to draw a picture of your garden. This will be your vision board. Make each plant represent a goal or dream. There is no wrong way to do this project. You can even cut out pictures of your goals and dreams from a catalog. Get creative. Let the Universe know what you want.

After you are done with your garden, I want you to display it in your office where you will see it. You can even make smaller versions of your garden to keep in your car or on your bathroom mirror so that you can see it in various places and at various times throughout the day.

Looking at your garden periodically throughout the day will remind you why you are doing what you are doing (tending to your garden). Each time you are distracted by office gossip, coworkers, or personal phone calls I want you to look at your garden and think about how that particular activity helps or hinders you from tending to your garden. Is it getting you closer to accomplishing your goal or reaching your dream? If the answer is NO then get back to focusing on YOU!

Lastly, you will want to express gratitude daily. You may express gratitude more than once a day too. Expressing gratitude allows you see that you are very blessed. Remember, you may not have all your dreams and goals accomplished but if you focus on the positive in your life you will ensure that you have the right mindset to continue moving forward. Find enjoyment in the little things. It may be as simple as a car stopping to let you cross the street when you are out running, and the light is green for that car. At the end of the day before you close your eyes take time to reflect on all the wonderful things that have happened during the day. Say THANK YOU to all that participated in making your day great.

Apply the Laws of Attraction and let the Universe know what you want by looking at your garden daily.

You will want to review your goals and update them as necessary. Life is continually changing and there is nothing wrong with changing your goals. As you experience life events you may realize that you no longer wish to pursue a particular goal. You may have life experiences that change a goal from being on your short-term goal list to your long-term goal list. This is perfectly fine too. You are in control of your life. You are in control of your goals and dreams.

DO NOT let others sabotage your dreams and goals. Remember to change your environment if necessary. Just as a vegetable garden can get choked by weeds we sometimes have weeds in our life that need eliminated. Surround yourself by people that are the fertilizer and other good nutrients in your garden.

Remember to **Tend to Your Own Garden**. Do not be sucked into listening to gossip, taking care of everyone else and neglecting your garden. Do not use others as an excuse to not focus on you. It is not selfish to tend to your own garden.

Today is the someday you have been waiting for; take action NOW by tending to your garden.



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