

Guard your goals with your heart

Don't go blurring your hopes and dreams to all and sundry, cautions author Jessica McGregor Johnson

It can be very tempting, when you finally decide what you want in your life to reach your true potential, to go out straight away and tell everyone. You've asked yourself what your heart wants and how you want to live your life and it's usually very exciting when that moment of clarity happens – you want to shout it from the rooftops! Don't.

Why? Because these are heartfelt goals and so are tender and can get crushed all too easily. Rather like young spring shoots, if someone stomps on them they will get crushed and they may not recover and grow back. They could wither and die. Your goals need to grow in a protected environment until they are so strong they are like bamboo shoots and whatever happens they spring back.

So, who should you tell? Your cheerleaders. These are the people in your life that will always stand by your side cheering you on with great big red pom-poms in both hands. They will help you stay strong if you flag along the path to achieving your goals. They will boost your confidence.

Imagine this – you are walking along towards your destination and it starts to snow. Someone opens a door and invites you in. They kindly say, 'don't try and reach your destination, you've done well, come and sit by the fire and warm up. You come in, forget the rest of your journey'.

On the other hand you could be walking through the wind and snow and someone comes out of their house, putting on a coat and bringing you one too and saying – 'I'll walk with you the final bit of the way, come on, you're nearly there – you can do it'.

This second scenario is your cheerleader. They will remind you why you wanted this in the first place and support you to get to your goal.

They know your heart wants this and they will support you.

There are always challenges along the way and you want your dreams to be held by the people who want for you what you do.

The first scenario, the lovely mug of hot chocolate and roaring fire, is your soft enemy. These people look like supporters but at the first sign of adversity they will say, 'don't worry, you tried, you can give up now'. And they don't say that because they do not love you, but rather because your change challenges them. If you

change it shows them how they are not changing and going for what they want, and that feels very uncomfortable. So, unconsciously they don't really want you to succeed, they'd prefer you to stay as you are, so they can too.

There are also the out-and-out enemies. These are more obvious, the people who are always negative. The ones who will shoot down an idea before you've even finished the sentence. Don't share your goals with them either.

So pick the people you share your goals with carefully. Your coach is always your cheerleader as is an accountability buddy. This is someone you enrol. Some one you trust to keep you going. When I wrote the book *The Right T-Shirt – Write Your Own Rules and Live the Life You Want*, I had an accountability buddy. We would speak every week and support each other in our respective goals. At the end of each call we would commit to what we wanted to achieve in the next week. You can do that with whatever things you wish to achieve in your life.

You will find that once you are a way down the path there will be a point that you are so committed to your goal, that it has become strong within you, it has grown from a tender shoot to a strong bamboo that bends with the wind. It is then you can tell your goals and dreams to whomever you want and nothing will put you off.

By nurturing your goal until it gets to this place of clarity and passion you will be giving yourself the best possible chance of success and nothing will hold you back.



Jessica McGregor Johnson is author of *The Right T-Shirt – write your own rules and live the life you want*. Jessica has worked internationally as a coach empowering women to go out and live the life they choose. She has been there, done that and got the wrong T-Shirt so has walked the path she now writes about.
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