

Motivational Moments: Imagine you had everything you wanted

Written by Penny Jones-Richardson
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For a moment, I want you to imagine what your life would be like if you had everything you ever wanted.

Imagine how your life would be if you woke up in the morning and didn't have a worry in the world. Everything you ever wanted was right there at your fingertips. Can you imagine this for a moment with me? Can you take a moment and totally imagine living the life you always wanted?

This is something that I like to have my clients do from time to time. Some find it difficult, but others love this exercise. It helps to visualize goals you set for yourself and what your life would look like if you had everything you wanted. It also opens you up to seeing a whole different side of what life would be like to have everything you could ever want.

The other side of this exercise is to get one to think about not having to work on any goals. If you miraculously woke up with everything you ever wanted, then what would you be working to gain?

If you didn't have to work on any goals how could you appreciate what you have? Most people who achieve their goals have worked very hard to do so. They first had to visualize themselves achieving the goals and then do the work to get there. Having everything given to you on a silver platter is probably great, but it is also great to see the outcome of your hard work.

So when you think about all the work you are putting into achieving your goals and the time that it may be taking to do so, also think about the satisfaction of doing it yourself. No one is going to drop anything out of the sky on your lap so you are the one who has to get out there and make your dreams a reality. You are the one who has to never give up on your ideas of being a success at whatever you set your mind to. You are the one who is in charge of your destiny and it is you who will be accountable for what happens in your life.

Now for a moment, I want you to imagine what your life would be like after you have achieved all of your goals and you have everything you could ever want. Through your hard work and

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determination, you have the desires of your heart because you took control of your life and became exactly what you set out to do. All things are possible when you believe.

And as always remember, stay focused, stay determined and keep striving for greatness.

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