



Greetings one and all!!

I want to share with you a conversation that I hear often. There are variations of it, but essentially it goes something like this....

PERSON 1: I feel like I am in such a rut with my life, life seems to be passing me by.

ME: Have you considered a change in jobs?

PERSON 1: Yeah, but I'm not qualified for anything.

ME: Have you thought about doing some study. There are courses available for almost anything these days and most can be done via correspondence

PERSON 1: Yeah, but I couldn't learn any of those things. I've heard those courses are really hard.

ME: I think you are indeed smart enough. At least check some out, what would you like to do?

PERSON 1: Yeah, but what about my kids/partner? What am I supposed to do, neglect them while I do my homework?

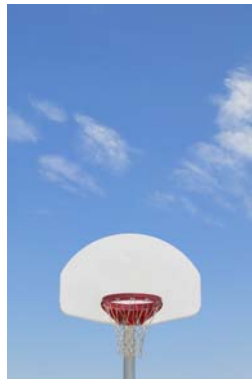
ME: OK, tell me, what do you want to do?

PERSON 1: (very irritated by now) *TO GET OUT OF THE RUT I'M IN!!!*



So grasshopper, tell me, do you think they will ever 'get out of the rut they are in'. Very good grasshopper.... Of course they won't. But Why???

**TO SHOOT A GOAL, YOU HAVE TO AIM FOR IT!**



Or to put it another way, you will MISS 100% of the shots you don't take!!

It doesn't matter what your goals are, big or small. It only matters that you *know what they are.*

I am often asked for 'the secret', or you know, 'the magic formulae' or "Jen, just tell me how to and I'll do it".

Now sit down if you can't handle shocking news, but there is no 'Secret' or 'Magic Formulae'.

Has your life, to-date, been a result of magic?? I am going to suggest a big fat NO!! Wherever you are right now in your life, it's as a result of a goal or lots of small goals you have set.

I can hear some 'But Jen, I haven't set any goals?'

And I say, 'Do any of these sound familiar?': I want my driver's license, I want to have children, I want to fall in love and get married, I want to be a mechanic, I want to go on a holiday.

So, no more 'I can't'; 'I'd like to, but...'; 'If only I had...'; 'If only I hadn't...'; and DEFINITELY NO 'Yeah, but's'!!!!!!!

What is your Goal???

Feel free to drop me an email and let me know what you've decided on.

Have a great week and kick some ass, sorry, I mean GOALS!!!!!!

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