

Dream a little dream ... staying the course

Clear goals, taking charge and positive thinking help when you feel life is in limbo

ARE there times when you feel jaded about your life and career? These are the moments when you wonder about your future goals, directions and how to go about achieving them.

Surveys have shown that more people are giving up on their dreams and goals. Some of the reasons include family and future commitments. Old age is another concern.

However, opportunities to learn and progress in your career abound and you need to have an open mind to accept and adapt.

Here are some tips to help you find your footing and put your life and career on track:

Clear goals

We all have dreams and goals. Some have huge ambitions while others are contented with achieving small goals.

What is important is that you have a goal and a clear idea of how to achieve it. It is these goals that constantly fuel our desire to challenge ourselves to greater heights. If our dreams and goals

are not clear enough, we will not have the determination to pursue them. So start by setting goals and mapping out the route to achieving them.

Be in charge

Be your own driver of your life. If you let others take charge of your life, you may find yourself treading the wrong path leading to nowhere.

Only you would have the clearest idea on the best route to take to reaching your goal. When you are fully in charge of your life, your path will be clearer and brighter.

Leave your comfort zone

If you are unsuccessful in your endeavours, try taking a different approach or start pursuing a different goal first.

Repeating the same actions to achieve the same goal may not be too much of a good thing as they usually yield similar results as your previous attempts.

To give your life and career a real boost, start by kicking your old habits and adapting new attitudes. Step out of your comfort zone and try something new such as taking up a new course to upgrade yourself, change your job, adopt different approaches to solve

problems etc. The more flexible you are, the more control you have over the outcome of your life.

Change your thinking

When you encounter a problem that you are unable to solve, try viewing it from a different angle. The way you approach challenges affect the outcome of your life and perception.

Be focused in your approach — think about the possible solutions instead of dwelling on the problem, or you may end up in a dilemma.

Also, positive thinking brings about positive results while negative thinking certainly yields less-than-satisfactory results.

Take a break

All work and no play make Jack a dull boy. One of the reasons people feel jaded is that they are worn out by their hectic work schedules.

It is important to balance work, family and relaxation. Going on holidays with your family members, loved ones or friends is a good way to take your mind off work. A different environment inspires and energises you.

So the next time you feel that your life or career is looking stagnant, take


CHANGE YOUR TACK: When you encounter problems and are unable to solve them, adopting a different approach may yield positive results.



a step back and reassess your goals and start mapping out your route to reaching these goals.

This article is contributed by Dave Wong. He is a principal trainer at Success Route, a certified trainerpreneur, neuro-linguistics programming practitioner (ABNLP), certified hypnotherapist (ABH) and IACT certified stress management consultant.

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