

From Wish to Goal: How Dreams Come True

By Ingrid Melia Stadlter-Pree

In January I was invited by ORF Radio Salzburg as an expert on "New Year's resolutions and how to implement them". Since this topic affects all of us not only once a year but our whole lives, I have summarised my tips for it in this newsletter. Whatever we wish for in life, the path from wish to achieving the goal is always the same:

We have an idea or a dream that we want to realise - "manifest". We may already be imagining this dream vividly, and this is already a first, important step. Furthermore, we should ask ourselves: Do I really want this? Do I decide on it and am I also willing to do what is necessary for it, i.e. to use all my energy for it? **Because "pious" wishes alone are not enough, we have to move from wishing to wanting and deciding to real action, taking into account possible challenges along the way.** It is particularly important to get our subconscious mind "on board" as well, because it is a powerful part of our psyche that influences and controls not only our behaviour but also all physical reactions and bodily functions.

8 tips to achieve your goals:

1) Appealing image of your goal: The more attractive and detailed you picture your dream goal, the more motivating it is to approach it. Use your creativity and imagination (the right brain, imagination hemisphere) and consciously feel the positive feelings that the image triggers in you.

2) Written goal: By writing down your goal, you also use the left side of the brain (the logical-analytical hemisphere) and provide inner commitment in the sense of: "I really want to achieve my goal, decide for it and be serious about it! "

Your goal sentence should be formulated positively and in the present, be realistic and within your competence, e.g. : "I go for a run three times a week."

Together, the goal image and goal sentence constantly send signals to your subconscious to stay with and work on this goal. Especially if the goal sentence is hung up in a clearly visible place (e.g. as a post-it on the computer, on the fridge door, etc.)

According to a study¹ published by the psychologist Gail Matthews at the Dominican University of California in 2015, writing a goal increases the probability of its achievement to 60%, while a plan of action and a progress log already increases the probability of achievement to 76%. Hence the further tips:

3) Concrete action plan: Now think about the individual steps to achieve your goal and write them down as well. Also plan a time frame for the respective "To Do's".

¹ <https://www.dominican.edu/sites/default/files/2020-02/gailmatthews-harvard-goals-researchsummary.pdf>

4) Talk about your goal and get support: Tell family members or friends about your goal with the intention of getting more involved and committed. Together with people from your environment or a group of like-minded people (nowadays you can also find them online) you are more motivated, find understanding and can celebrate success together.

Or get professional support: a coach can be of great help in each of these 8 steps and regular meetings with her or him will prevent you from procrastination and prematurely giving up.

5) Track your progress: Another meta-study² published in 2015 also concluded that monitoring progress is a key component for goal achievement and effective self-regulation. Whether you do it with the help of a handwritten log or via app (e.g. Goal Tracker & Habit List for Android and iOS), it makes no difference. The important thing with this "tracking" is that you regularly find out where you stand with your goal. This confirms and motivates you more and more, because you can see how much of the way you have already made and also how well you have mastered the steps.

6) Positive inner dialogue: Pay attention to your thoughts and self-talks: instead of robbing yourself of energy and weakening yourself with constant self-criticism, become your best friend, practice self-compassion when things are not going so well and praise yourself loudly or in your thoughts for everything that you do well. In this way you generate good feelings, which in turn give you the energy to carry on.

7) Find strategies for possible obstacles: What potential challenges or "stumbling blocks" might appear along the way to your goal and how do you deal with them? Write an IF/THEN list and find proactive, creative solutions. By considering possible complications in advance, you will find it easier to overcome them in the real situation.

8) Enjoy the way to the goal, plan rewards and celebrate your success: Think about how you can make your way to the goal easier, more fun and what you can look forward to: e.g. "After 15x jogging (tally list) I treat myself to a massage/a visit to the cinema with my friends" or the like. Be consciously happy about your successes and celebrate them!

In the **Hawaiian Huna teachings** there is also a very effective "Guide to Manifestation": the **Haipule Technique**, also called "Haipule Prayer", which is the primary process to practicing Huna. Haipule can be used in many different forms and over long periods of time. I present here the simplest version of my Hawaiian mentor and teacher, Dr. Serge Kahili King: It basically consists of 4 steps, about which the single syllables of the word "Ha-I-Pu-Le" already give information.

Hai-Pule	Positise	Use your power to focus on what you want , not on what you don't want!
HA	Energise	mentally or physically: "HA" means "breath" in Hawaiian, therefore breathing techniques such as the Hawaiian Piko Piko Breathing are suitable for energizing; other energizing techniques also work

² <https://www.apa.org/pubs/journals/releases/bul-bul0000025.pdf>

I	Verbalise	Say what you want: e.g.: Target/Goal phrase/sentence, Affirmations, Blessing, Gratitude, Praise
PU	Imagine/Visualise	See (+feel) what you want: e.g.: Image of your goal, Thoughtforms
LE	Ritualize/Symbolise	Rehearse, do what you want: e.g.: Action, 1st step towards your goal, Ritual

We see that the core elements of our "modern" and scientifically proven 8 tips above: image of your goal, written goal and concrete action – are also part of the Haipule process. At the beginning of the process, the ancient Hawaiians added some of their “Mana” (inner power) by consciously focusing and energising and thereby strengthening the process.

Equipped with these effective, practical and timeless tools, you can now manifest your dreams, achieve your goals and enjoy the journey!

If you have any questions or need support with individual steps, please contact me via mail: office@suncoaching.net

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