

Goal Setting: Making Wishes Come True

How would you like to learn how to get the things you want? Children's stories say fairies or genies make wishes come true, but really, you have everything it takes to get the things you want and make wishes come true yourself. It doesn't take magic, except for the kind you already have inside you. Another word for "wishes" is "desires," and another word for "coming true" is "manifesting."

Desires manifest when you decide to do something about them. That's called setting a goal. Sometimes wishes come true without that, but wishes sitting on shelves usually don't amount to much. You have to take them down, dust them off, and make them go to work. Then things start to happen.

Very successful people have written famous books telling how they achieved their dreams. They knew a few secrets, and applied them to their wishes. That's why they became successful when other people didn't. They knew and practiced the secrets of success, while people who didn't know those secrets left their wishes on the shelf and pretty much forgot about them.

This book will teach you two of those success secrets, two special tricks you can use to turn your dreams and wishes into something real.



Why Wishes Matter

Your wishes are not silly. They are important. They always have been. Many things that kids wish for and imagine about in their childhood become real when they grow up. Would that have happened if they had not had a dream?

Wishes are powerful, when you know how to use them. Some people say children are born knowing what they came into this world to do. They say we each have a special purpose, and that kids' wishes and dreams are clues to what their special purpose is.

Grown-ups may have forgotten their purpose, but children usually remember theirs. They remember in the deepest part of their mind, a place called the Subconscious. Serious wishes come from there. They are messages from the deepest part of you, reminding you of what really matters.

Never give up on your serious wishes, because when you do, you give up on yourself. You give up on your purpose. Have you started to forget about your serious wishes? If so, it's time to take them seriously again!



Serious Wishes and Trivial Ones

A serious wish is the kind that means a lot to you. A trivial wish is the opposite: a wish you don't really care that much about. Trivial wishes come from places outside yourself. They come and go like the wind.

Seeing a TV advertisement for pizza then wanting to get a pizza, or seeing a friend's new game and wanting the same kind of game – those are examples of trivial wishes. There's nothing wrong with trivial wishes and nothing wrong with going for them, but they're not the kind of wishes that matter a lot. You only want them for a while, then forget about them. It's different with serious wishes.

What Do You Wish For?

What are the things you wish for? Is there something you want to do, something you want to learn, somewhere you want to go, something you want to have? You can wish for things to happen now or when you're older. You can wish for yourself or for other people. You can even make wishes for the world.

Try to remember all your wishes, the serious ones and the trivial ones. Write them down on a piece of paper as you think of them. It helps if you go somewhere quiet to do this. Outside under a tree or somewhere in your house where you can be alone might be good places.

When you write your wishes, use a pencil, so you can change them later if you want to.

