

Setting goals for success - Liz Rowell

How do you know what the future will hold?

By deciding what you want that future to look like because then you will take steps to create that future.

You've already taken so many steps, you made the decision to attend Dr Kakenya's school, and to study, and to graduate and go to university. You created the future you have now, with Dr Kakenya's help.

This is not as simple as just wishing for something; it's deciding what you want and then taking small, regular steps to get there.

A goal can be small or large, but only you can set it and only you can reach it.

I find it a very empowering and useful that I can create the future I want tomorrow, by the choices I make today.

Top tips

1. Don't be afraid to set goals, big or small
2. Visualise how you want your future to be - career, family, personal life, travel, education, the decisions are all in your hands
3. Take conscious steps every day to achieve those goals. Take an extra half hour to study, or leave your room and take a walk in the fresh air to clear your mind! Spend some time with friends, or create some alone time to think and chill out. It's your choice. You are your own agent of change.
4. Create a vision board. Flick through magazines and pictures and choose images that you're drawn to, unconsciously. The ones you find yourself reaching out for instinctively. It's a powerful way to unlock some of your deeper ideas, dreams and desire.