

Wisdom dose 3:

Aim, goal objective:

We often wonder what the difference between humans who succeed and those who do not is.

One of the crucially important differences between individuals who succeed and those who do not is the manner in which they structure their mind.

Psychologist Niculina Gheorghita draws attention to ancient writings emphasizing that “Individuals who do not accomplish what they want, do not think.”

What does this mean? It means that individuals, who do not accomplish what they want, do not think, but they conform. They conform to what others tell them to do, or to ways in which others do various things; to what others say, to what others think.

Therefore it is important to establish a clear aim of your own, because it is the first real step to accomplish it.

Nightingale states that any individual that does something willfully (deliberately) to accomplish their goal, will certainly do so.

If there is a lack of objective, the energy does not have direction, it does not know where to go, hence you will feel scattered, letting other things or other people take and direct your energy and attention towards what they want. (this is why we have examples of individuals who end up dedicating their entire life to others somehow unintentionally---because there was no established intention for the direction of their energy and attention.

How does establishing an aim benefit you?

It helps you maintain direction

It helps you being pulled towards your goal, as opposed as to the sides

It gives structure to your energy

I want

I intend

I desire with all my being are the thoughts that precede transformations, states the above cited psychologist.

Bibliography:

<https://www.youtube.com/watch?v=lWuaWrsxurw>