How to Successfully Handle Failed or Unachieved Goals

(inspired by Blair Singer's Little Voice Mastery book).

When we set ourselves goals and we don't achieve them fully, it can put a stop to our progress and also muddy how we feel about setting bold goals into the future.

For example, imagine you wanted to reach more people by starting a Facebook group and getting 300 new members in 90 days. You set that goal. And at the end of 90 days you have pushed really hard but you've only ended up with 100 members. That goal of 300 becomes a failed goal.

So what do you do about that?

You need to address it and take a close look at what happened, otherwise it may have consequences on your future goal setting.

Here's what I mean.

When we don't get a goal, when we have a failed goal, our energy around that goal can drop. We can start beating ourselves up, feeling like a failure, finding reasons why it didn't work and pointing figures (at others, at circumstances and even at ourselves). When we examine the goal, even if we still want it - we just don't have the same mojo around it that we did when we first set it. We can become disillusioned.

And, it can stop us from resetting the goal.

Over time, this process repeated (and an amassing of failed goals) can lead us to stop dreaming big, to feeling like we cannot really go for what we want.

So, what can we do about it?

The first thing is to make a list (in writing preferably) of what you DID achieve.

Here's what I mean.

Start by re-iterating the goal (in this instance 300 members in a Facebook group)...

What DID you accomplish along the way? Perhaps you didn't get the 300, but let's inspect what did happen,

- You opened up a new group.

- You had people join you and perhaps they're loving what you're doing.

- You learned a new software tool and really got a handle on how groups are set up.

- You created some new artwork and published some fresh content that you have now to use in other ways.

- You are having fun connecting with the new members and helping them.

- They're helping each other and that makes you feel great.

You may not have achieved the original goal but you've made progress and can celebrate the achievements you did get in the process.

Exercise

My Goal Was:	
What I did achieve along the way:	

Now, read what you've written out loud to yourself or to another and listen.

Which of these achievements lights you up most?

Which gives you a great vibe and a good feeling?

Notice your mood level.

(If you're doing this exercise with another, watch for a change in their tone, their eyes or body movements.)

Pay attention to what brings up your mood up and fills you with passion and energy.

Chances are that along the way to the goal other things were achieved that you haven't thought about or noticed.

Maybe some of these 'side goals' were actually what you were meant to achieve along the way... a little like how a bee goes hunting for pollen and in the process creates magic through cross-pollination.

Maybe there's something that happened that will now lead you to set a new goal that you're really excited about.

This is a great process to do with any area that you feel disappointed about. It allows you to free up trapped energy that is sitting stored in a feeling of failure and uncovers the gold that is lessons learned along the way to our goals.

I remember setting a goal a couple of years back to run a half-marathon in under 2hours and 10 mins.

My best time had been under two hours but it had been a while and so 2:10 felt achievable.

With 5km to go my right knee started to play up really badly... and I was in a lot of pain for the rest of the way - finishing up nearer to 2hours 15mins.

I felt really bad... I'd trained SO hard for so long without any injury.

When I stopped to reflect I realised that I'd achieved a lot of great things.

I'd brought running regularly back into my schedule (something I loved but didn't do as often as I'd liked).

I'd become stronger in the process by supplementing my running with extra training at the gym, and I'd slimmed down quite a bit.

And, I had clocked up another half-marathon finish.

There was a lot to celebrate and a whole lot achieved.

When you have released that trapped energy that you had tied up with a failed goal, you will feel freer to set your new goal — something that may be even more aligned to your dreams an visions than the original goal.

So, know that while you may not have reached a goal at the level that you had planned, you have always achieved something else in the process...

... another goal

... a deeper understanding of yourself

... a better outcome that you could not have planned on

Here's to celebrating progress.