

An excerpt from the article posted on Success.com  
Full article entitled: 4 Tips for Setting Powerful Goals by Jim Rohn

## Defining Your Dreams and Goals



One of the amazing things we have been given as humans is the unquenchable desire to have dreams of a better life and the ability to establish and set goals to live out those dreams. We can look deep within our hearts and dream of a better situation for ourselves and our families. We can dream of better financial, emotional, spiritual or physical lives. We have also been given the ability to not only dream, but pursue those dreams—and not just pursue them, but the

cognitive ability to lay out a plan and strategies to [achieve those dreams](#). Powerful!

What are your dreams and goals? This isn't what you already have or what you have done, but what you *want*. Have you ever really sat down and thought through your life values and decided what you really want? Have you ever taken the time to truly reflect, to listen quietly to your heart, to see what dreams live within you? Your dreams are there. Everyone has them. They may live right on the surface, or they may be buried deep from years of others telling you they were foolish, but they are there.

[Take time to be quiet.](#) This is something that we don't do enough of in this busy world of ours. We rush, rush, rush, and we're constantly listening to noise all around us. The human heart was meant for times of quiet—to peer deep within. It is when we do this that our hearts are set free to soar and take flight on the wings of our own dreams. Schedule some quiet “dream time” this week. No other people. No cellphone. No computer. Just you, a pad, a pen and your thoughts.

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