In this new year, we face the challenge of setting new goals and asking ourselves whether or not it is possible. Often times we turn our focus to weight loss, making more money, or getting good grades. Although this is all important to us, we should not neglect our mental and emotional well-being.

Part of maintaining our emotional and mental needs can be fulfilled if you take the time to reflect for yourself, who or what you would like to be? If you believe that the sky is the limit, then you can believe that who or what you would like to be is driven by your imagination, which can make anything possible. You simply need to relate those ideas to your abilities so that these things happen for you. We can easily create a chart listing our interests, talents, abilities, and goals. This would be one way of visualizing our idea and writing it help to make it real. We can use people as a resource for planning, or constructive feedback, and guidance. We have parents, family members, counselors, spiritual advisors and friends to help too.

The mind is a beautiful thing and if we believe, then we can make it real. Every problem in our life holds a solution and so if we can think it - we can achieve it. We can think of all the wonderful things we have achieved thus far and also think of the negative things or experiences. It can be stressful to face the consequences of our past, or even to decide the future. The question is how can we learn from these experiences and keep ourselves moving in a positive direction. There is something good that comes in everything - we just have to find it. We can do this by incorporating some relaxation exercises to help ourselves manage our stress, track our feelings of anxiety, depression, stress to better identify what is triggering these feelings that inhibit our progress, and keep a journal so that we can go back and evaluate ourselves from the past.

In the midst of all this, we look at our basic human elements such as values, passions, hopes or dreams that have allowed us to accomplish our previous goals and continue to drive our desires. We need to identify and really understand what these elements are for us on an individual basis. We then can evaluate our overall goals in life and continue by developing our detailed goals. It often helps to write these down on paper because it gives us a sense of focus, clarity, and gives us a way to track our progress. All of this takes work, but nevertheless, we have the ability to achieve if we let our imagination drive us towards the best.