

Ep #159: Growing Your Goals



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With Your Host

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Welcome to *More Than Mindset*, the only podcast that bridges the gap between spirituality and success. Go beyond the mind with clarity and confidence Coach Kim Guillory, and learn how to integrate your passion to serve with your skills and experience to create a business you love. Let's get started.

Hey, hey, hey, welcome back to the show. So I'm just going to tell you ahead of time, if my voice sounds a little raspy or I have a little cough, I apologize, I don't mean to. I put this off as long as possible and really tried to sooth whatever was happening in my throat. And I don't think I'm at 100% but I am definitely here for a few minutes. I'm going to be able to do this. Anyway, thank you and I just wanted to apologize ahead of time if it sounds a little off.

So today, I'm going to be talking about goals. And what is the problem or the issue with having goals that are too small. I've noticed three main reasons that continue to come up with myself and with my clients when they don't have big enough goals.

So you can take out a paper and pen, I'm going to go through these three reasons. And also just ask you to take a good look at your own life and see if you are experiencing any of this. And if maybe it's time to evaluate your own goals. Are you a goal grower, right? Do we want to grow bigger goals?

So the first thing I noticed, I mentioned a few weeks ago on the podcast if you caught it, and I talked about feeling like I was in seventh grade with my ankles crossed, hanging out on the bed, bored, no place to go. I was taken back to high school, junior high when I was just kind of stuck at home with no money and nothing. And it was just like, "I'm so bored."

Seriously, guys, I'm more afraid to die of boredom than I am to die of illness. Boredom is really bad. It is just a thought, it's the way that we think about what's happening. But just saying, I don't like the way it feels.

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And that's the first thing, if you're finding yourself complacent or bored, then I would ask you to question your goals. It's like without urgency we don't have that push. It's just like the human condition is just to want the easy way out, right? That's just the way the brain functions, it wants it to be easy. We don't want to struggle. I need to rest for a while. That's all BS, belief system.

Whoever told you that has not reached goals in their own life, okay? So let's just get that straight. Because I have been listening to that, I work too much, I work too hard. All I do is work, work, work. I don't know how to do anything else. Well, you know what? I love to work, I love my mission. I am not going to apologize for that.

I am excited about creating change that's going to matter for generations to come. That gets me going. That's better than getting on any roller coaster, or any adrenaline rush. That excites me. I don't need to go and get my nervous system all riled up jumping out of an airplane.

Because my goal is big enough and exciting enough that I don't have to go and create that adrenaline. It lives inside of me and it makes me feel alive and excited. I'm not going to apologize for that, right? So the first problem with your goals being too small is you become complacent and bored.

The second problem or issue is you lose motivation and drive. You lose motivation and drive. So it's like what do you need to get up for? Why do you need to hurry up and do that? Right? You become a master procrastinator because you lose the motivation and drive. You have all the time in the world. It doesn't really matter when it happens. It's no big deal. The world's not going to come to an end.

You get where I'm going? Yeah, you picking up what I'm putting down? When we lose motivation and drive, we lose momentum and we begin to lag with time. This is what led me to buy the van, I'm just realizing this now,

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is I had so much time and I had been told so many times that all I do is work and I don't want to do anything else. And basically that my life is boring to other people.

So I was trying to punish myself, as if this addiction to work was a bad thing. As if serving the world to the capacity that I want to reach them was a bad thing. And so I bought a van thinking I was going to use this downtime, right, this time where I didn't have the motivation and the drive, where I was bored and complacent and I was just going to go ride around in the mountains. Go hang out for a few days and travel the world.

I was looking to waste time. That is why I bought the van. So I could just hit the road and go utilize some of this downtime. Is that crazy? It's like I suddenly woke up and realized what I had done. I don't have regrets, by the way, I'm totally going to use it.

And the third reason is you lose the muscle, you become soft. Because growing is a practice, it's just like going to the gym and building muscle in your body. What it takes to push through, to create momentum is a practice. You have to have a destination, you have to have a deadline, you have to have a goal to reach, you have to have a reason to do it. This could be your why, right?

And so if your why were urgent and important, then you would get to the gym, which is getting yourself in life. And you would push more, you would tell more people what you were doing, you would be more excited about it. You would be screaming it from a megaphone so that more people could hear it because you had that urgency, because you were building that muscle to push through, right?

So all of this becomes the issue and you become a procrastinator because you don't have anything to attain, you don't have any goal to reach. There's nothing in your mind that says it has to get done. I hope this is waking

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some of you up. I hope you become a goal grower. I didn't realize what a problem this was until one day I woke up.

So you know how sometimes you tell the story like you've been raising kids for the last 20 or 30 years and all of a sudden you wake up and you're like, "Who's bed am I in? Whose life am I in? Whose body is this? What's happening? Where am I? Who am I?" It's kind of like one of those come to Jesus moments where I woke up and realized that the problem was not working too much. The problem was not that my goals and my vision and what I wanted to attain was too big.

The problem is that I lost momentum and I decided I didn't have to hurry up and do it. It was no big deal. No one was going to lose anything. No one wanted this anyway da, da, da, da, right? You all tell yourself this stuff. And my dream was reignited, my vision is back on and multiplied 10X in this baby, like I am going for it. Because I have seen the potential, I have seen the possibility. I have seen someone else before me doing it and that excited me.

And I want to offer you that. I want to be that role model for you. I want to be the role model for my grandchildren, for my children, for my clients. And the only way I'm going to do that is to reach for bigger goals and to set the why in my mind so that it is non-negotiable.

And so the vision that I have in my head, is my grandchildren thriving, really thriving in this world. And there's a part of me that, this is some of the mom guilt, right? So I am at fault. I am the problem of why my children don't dream big enough. That's my fault. It's on me. I raised these children to believe that they should be happy with what they have. They shouldn't want bigger, they shouldn't want more. They shouldn't be greedy. They should be grateful, right?

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I did all of the things that I was taught. So it is my problem that they are not teaching their children to dream bigger. And so I want to rectify that. I'm taking responsibility for what I told my kids. I've talked to a couple of them and I said, "I'm sorry. I am sorry when you were younger that I tried to put out your passion and your dreams and your beliefs. That when your innocent mind, when your soul, your young soul in your young body really believed that things were possible and I told you not to dream big."

Like I feel terrible about that now and I'm rectifying it. And listen, it is not easy. They literally laugh at me and say, "Mom says, if that's what you believe, ha, ha, ha." And they make jokes about me. And I'm like, you know, it's my fault that you're doing that. I created this impression upon you. I taught you to settle and to be happy with what you have. And now they've all decided that they want to live around here. And now their kids are seeing it. And I'm rectifying it.

Matter of fact, new hashtag came through me. I was walking, I was in Florida last weekend. And it was 4:30 in the morning and I was like getting my jam on. And suddenly, I just had this sparked idea, hashtag million dollar Grammy. And I'm like, oh my God, that is exciting. Hashtag million dollar Grammy. I am going to teach my 12 grandchildren that making a million dollars is possible.

I want them to attain that in their lifetime. I want them to have their dreams met. I want their goals to be really big. I want to be the example of that. And so I'm here to apologize for anyone who is listening and who I have said, "You should settle and you shouldn't burn yourself out" or any of that stuff. Because don't be complacent, don't be bored. It's not fun. Don't lose motivation and drive and become a procrastinator and start trying to kill time like I was doing.

And most of all, don't lose the muscle and become soft. If you quit going to the gym, you become soft. If you quit reaching for goals, if you quit driving

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for bigger if you quit writing down the why's and writing down the bigger goals and visions and dreams, you become soft, complacent, not driven. How terrible.

So I'm here to rectify it and to turn it around. I'm here to apologize. I'm here to make it better. I'm here to be the role model of what it's like to go for the bigger goals. And so that's all I got for you this week is I just wanted to tell you what I was thinking about, where I've been, and what is the problem with becoming soft, and complacent, and procrastinating, and wasting time.

The biggest problem is, it's not fun, it's boring. And there is no urgency. And I ended up 30 pounds heavier than I wanted to be, crossing my ankles sitting on the bed, looking at the ceiling and buying things to distract my time. As if my time wasn't important. As if there wasn't an urgency and the limitation of how much we can get done in this amount of time that we're here on Earth.

So I offer this to you, increase your goals. Write down your why. I want to help millions of people with the message and the tools of self-healing and personal empowerment. I want to leave this world a better place for my children and grandchildren and their children and grandchildren. I want to leave my footprint on this earth.

I don't want to just turn back to dust. I want people to know that I was here and I made a difference. I want people to know that I was part of the impact and the change. These are the goals that I have set for myself. I want to help 2,000 holistic practitioners and coaches create sustainable wealth and impact in this world in the next 10 years. That is my goal.

My integrative coach training is back open. If you happen to be one who's been saying, "One day, one day I'm going to train with Kim. I'm going to learn this mind body connection. I'm going to help people heal their lives." If

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that happens to be you, the doors are about to open up for the next coach training. It's been a while since I've run a group of that.

And I'm back to my why, I'm back to my mission. I'm looking for partners. I'm looking for people who want to do this with me. I'm looking for missionaries, people who are on a mission to help improve society, to help improve humanity, to take our suicide rate that is at 28%, 29% and bring it down to 0%

How's that for a goal? Let's bring the suicide rate down to 0%. So instead of a third of our population dying by their own hands, we have none. Because their dreams were not big enough, because they didn't have the tools to believe it was possible. They didn't think that they could get their needs met.

That's it, that's why we exit the world, because we don't believe what we want and need is possible. We don't believe we can obtain it. We don't have the tools. We don't have the examples. We don't have the experience. And we can turn that around. We can rectify that.

And so I want to offer more people to do what I do. I want to train you, you get to spend a year with me, and I want more of us out there doing it. That's my mission. That's my goal. Are you in? What's your goal? What's your why? What's going to happen if you don't do it? What's the urgency that you are going to plant for yourself?

All right, my friends. Until next week, have a good one.

Thanks for listening to this episode of More Than Mindset.