



Episode 14: Goals, Goal Setting, and Keeping Secrets

SUMMARY KEYWORDS

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This is the agility challenge podcast with Daisy peel. You're listening to Episode 14. Welcome to the agility challenge podcast. I'm your host, Daisy peel. Join me as I talk about everything related to the mental side of the sport of dog agility. If you've ever felt overwhelmed by negative self talk or lack of confidence, or if your dog training to do list seems so long that you don't even know where to get started, then this podcast is for you. For more podcast episodes, training, content and coaching from me, head to [www dot the agility challenge.com](http://www.theagilitychallenge.com) where members get access to monthly training and handling challenges. In addition to league play, and a whole lot more. Let's dive in with today's episode. So it's the weekend of the American Kennel Club agility World Championship tryouts. And unlike most years, I'm not going I've been going to agility World Championship tryouts. Almost every year since 2007. There's been a few years in there that I have not been a column gap years, I either don't have a dog that's ready to go to tryouts. Or maybe I had a dog that was injured or something like that. So anyways, I'm not going this year, I'll be home this weekend rooting for the team, the potential team members from the sidelines and watching the live stream. But I thought it would be a good time to



revisit my own personal goals to assess where I'm at and what direction I'd like to take in the next year. Last year at this time, I had just settled into a new home all the way across the United States, having moved from Oregon to Ohio. And the past year has been pretty wild in terms of getting settled adjusting to life in Ohio, getting an event center up and running. Just a lot going on. Now, I've talked before in podcast episodes. And you know, I tried to start a podcast a few years ago, and I made it through a few episodes, and then it kind of faltered. And I've done some blog posts. And I've certainly talked a lot about this in the agility challenge at [WWW dot the agility challenge.com](http://WWW.theagilitychallenge.com), where we talk about goal setting quite a bit. And I've talked about why you have to go from big goals to small specific goals. And probably if you're listening to this, you know about smart goals, you know, Specific, Measurable, Achievable, Relevant and time bound. A quick internet search is going to give you pretty much all the information that you need about the process of setting goals and their importance. But that's not what I want to talk about in today's episode. Today, I want to talk more about the mental side of goal setting the more touchy feely side of things, since that's pretty much what this podcast is all about. So let's go ahead and dive into it. So when we sit down to come up with and evaluate a goal, or a dream, and then to refine it, we start to be able to take a look at all of the things that are preventing us from believing that we can achieve those goals. What are the things that are really standing in the way versus the things that you simply believe are standing in your way, the process of dreaming and setting big dream goals can help you focus your mind and then your behavior in a direction. But only if you believe you can go in that direction. So I've talked a lot in a previous podcast episodes about something I call the thought model. And the thought model is this idea that objective circumstances can trigger your thoughts, which then trigger feelings, which cause us to take actions that yield results to validate those thoughts. So the thing that I want to address in today's podcast episode about goal setting is not the stuff that you can just look up and find on the internet easily. I want to talk about the thoughts and the beliefs that may sabotage you from achieving the goals that you set pretty much the incident you



decide that you want to set them. So the first thing that you have to address are the current beliefs that you have. That may sabotage you things like I don't have time, or I don't have motivation, or I won't achieve it anyway. So what's the point? So remember, your thoughts create your feelings which drive your actions which yield results. And this is already happening in all of our lives. Goals are just a way of being purposeful about what we want those results to be their way of guiding our thoughts, feelings, actions, and then results. So one of the first questions is, do you even dream? Do you even allow yourself the space to want something big So this involves thinking about the future, instead of focusing simply on putting out the daily fires in your life, and that can, that can really consume a lot of our lives, just focusing on what's the latest drama, what's the latest fire that needs to be put out. And if we don't have a purpose, or a goal, they're kind of they're pretty similar, really, if we don't have a purpose, and a goal and a direction, we can really get kind of swamped in putting out those daily fires. And then even if we do want something big, even if we do have a big dream, or a big goal, do you want it from a place of scarcity or a place of abundance, if you're not happy now, with yourself, with your training, with your competitive results, with your physical abilities, or something like that, I promise you, achieving whatever insert big goal here is, will not improve your happiness. So if you're saying, I'd be happy if I just lost 10 pounds, or I'd be happy if I just got a cue, or if I got my dogs mock, or I'd be happy if I just made the team, then your goal setting from a place of scarcity from a place of lacking. And in this case, when you start dreaming about what it would be like to achieve goal x, if you're coming at it from a place of scarcity, then it's that dreaming about that big Goal, goal X is a source of anguish, because dreaming about goal x is just going to remind you that you don't have whatever goal x is, it's filled with negativity and scarcity and lack. And so for a lot of people, it's better to just not have big goals or dreams so that we can avoid the frustration and the disappointment. A lot of people don't want to think about what they want, versus what they have. Now, you may be saying to yourself, as you're listening to this, well, that's easy for you to say you've already done pretty well. And I haven't achieved any of



the things that I really want to have achieved. So how can I not come at this from a place of lacking or scarcity. It's kind of like Courage versus confidence that I've talked about in previous podcast episodes, where it's tough to have confidence, when you haven't actually achieved a thing yet, it's tough to believe you can make a team or get a cue or earn a title if you've never actually done it before.

So here's what you can do, to practice coming at big goals and dreams from a place of abundance, rather than a place of scarcity. So again, what I'm talking about is if you have a big dream and a big goal, and you're thinking, if I could just achieve this, I'd be happy. That's that's coming from a place of scarcity, because you have to make sure that you are satisfied and happy in the present moment first, before you can expect any future achievement to dramatically improve your, your emotional state. So here's what I want you to do. First, make a list of 20 things that you really want, could be a cue, a title, making a team a competitive result, whatever, maybe it's not even dog related. Now look at that list of 20 things are any of those things that you really want things that you already have? Probably not. So what I want you to do now is go back and redo that list. And this time, every other thing that you put on that list of 20 things, I want you to make it something that you really want, and already have, which sounds kind of weird, right? But here's the thing, most of us don't spend time wanting what we already have, we don't think of wanting something as coming from a place of already having that something from a place of abundance. For example, I really want to have a fantastic space to train my dogs with a turf surface. And equipment that's world class, a place where I can train year round without worrying about the weather, but already have that. And man, it feels good to think about that. It feels satisfying and happy to think about that. Also, I want to have dogs that are keen to play the game, built for speed moving fast, fun to live with, and fun to train dogs that push me to be better all the time. And oh wait, I already have that. It feels good just to talk about wanting things I already have. I want to have a husband who's supportive of my crazy life and who wants to share it with me. And I have that I want to



be self employed with the power to make my own decisions about what I do with my day. And I have that. So I want you to go through that list of 20 things and redo it so that every other item on that list is something that you really want, but already have and I want to point out that this is different than being grateful for having those things. Think about it, there's kind of a finality to being grateful, where you look at something you've achieved, or something you possess, and you feel proud of it, but then you, you put it on the shelf, once you're done appreciating it, and you move on with your day, I'm talking about wanting, not gratitude, but wanting these things, desiring them, it's a different kind of energy. And it's a little bit of a mind trick that I'm asking you to engage in here. So I want you to smush in some of the things that you don't have yet, or haven't done yet, things that you really want. I want you to mix those things in with the things you already have, and really want. And I want you to write this stuff down, write it down. And this time, I know in the past I've talked about, you could dictate it into a Notes app on your phone, or you could type it on your computer. But I really want you this time to no matter how bad your handwriting is, get a pencil or a really nice pen and some nice paper that feels good to write on and write it down. No matter how bad your handwriting is, I mean, the only person that needs to read this is you. So you want to sandwich the stuff you don't have, but want in between the stuff you do have and want. And once you've done that, then go back through your list and get specific about the stuff you don't have yet. But want. And this is where that SMART Goal Setting starts to come into play, the more specific you can be, the better. I don't want you to be bothered at this stage by focusing on the process because we're still in the dreaming phase. These are big picture goals. But I do want you to drill down and come up with dates. So for example, you want to get a mock by this date, you want to get a cue by this date, you want to have a clean run at tryouts by this date, you want to make a team by this date. Now the reason I say don't get into the process just yet, is that as soon as you start to get into process oriented goals, your brain is going to start to resist you. When you start to think about how will I do this? Or how will I do that, then your brain is going to start to say you boob, you can't give up quit dreaming.



So I don't want you to do that yet. You don't need to know the how just yet. So think about the what and the when and then stretch yourself a bit. Could you go bigger? Could you dream higher. And then like I said before, the most important step here is to write it down somewhere, get a fancy pen, some of that nice paper, write it down, there's just something about the process of taking pen to paper, that's just not quite the same as just typing something. So do it the old fashioned way and write it down and write it down and put it somewhere where you'll see it regularly at least once a day. And you're going to notice something this is this is pretty normal, it happens to pretty much all of us. But you're going to notice something strange may happen. You may, you may start to have some feelings about this, you may feel fear, doubt or shame. And this is pretty normal. And also, if you don't have some negative emotions, like fear, doubt or shame, if they don't pop up at all, then you may not actually be stretching yourself or pushing yourself beyond your current comfort zone. And these goals, these big dream goals should stretch you and they should push you beyond your current comfort zone. So remember, your brain wants to maintain the status quo and protect you. It's designed to do that, to keep you safe to keep you alive from the bears that might be chasing you. But these aren't bears. These are goals. And also, you may not really have the mindset or efficient thought patterns yet to support your big dream or your big goal. But that's the whole point. That the process of developing those supporting thoughts is really the whole point of having a big dream or goal in the first place. Because you can set a goal and you may not actually ever achieve that goal. But it's not what you get from achieving it. It's who you become. It's just like all the other stuff. I talked about purposeful practice, fear of failure, stretching yourself, you come up against fear, and shame and disbelief and doubt, and you process through all that stuff through all those feelings. And also you get better at the stuff you want to get better at. So this goal setting process allows you to notice those emotions that might come up and then dig a little bit and figure out what the negative thoughts are that are behind those emotions. Things like I don't know, I don't know if I can do this. I don't know if I'm good enough. I'm not sure. I'm feeling confused. Maybe



this isn't the right thing for me. Maybe it's not the right time for me. Maybe I should change my mind. And I don't know is the biggest one. I don't know if I can do this. I don't know if this is right for me. Or who am I to think I can do this. I don't know. So I want you to write that stuff down to just write it all down. And in a notebook or on some nice paper, I really like those little moleskin journals. Because the paper quality is really nice, I've got some special pens that I use to write this stuff down because the pen just glides across the page. And I can write longer, more legibly. So once you've got all this stuff written down, you're gonna do some time travel. So just bear with me here, I know, it sounds kind of strange, you're going to do some time travel, you're going to go into the future, where the goal is achieved. So imagine yourself in the future, where you have achieved the goal, you did it, you accomplished goal X, whatever it is. Now, look at all the thoughts and emotions that you wrote down, and think about them, consider them from your vantage point in the future, when you've achieved the goal. So you're looking at something, let's say that your goal was a five year goal. Now put yourself in the future and five years you've achieved the goal, you're going to think about what it feels like to have achieved that goal. And you're going to look back on this list. And look at how you thought and felt before you started to try working towards this goal that you've already achieved. It's a pretty interesting process to go through. And it's just a pretty interesting mind exercise, it's hard to explain how powerful this process can be. If you haven't gone through it before, it does take some effort. You know, it's not like going to the gym or anything, you're not going to break a sweat. But there's some resistance. And usually, the resistance takes the form of, I don't need to write it down. I can do all this in my head. But I'm telling you write it down. And then close your eyes. Pretend you are traveling to the future, open your eyes, and read your thoughts and emotions on this big goal. from that vantage point in the future. It's kind of like, what would you do if you knew you wouldn't fail? Or what would you do if you knew you couldn't fail? What would you tell yourself in the present? The you who's saying, I don't know how to do this? I don't know if I can do this. I don't know if it's even right to want to do this at all. What would future



you who's who's accomplished this goal? Tell present you who's just sitting down to think about achieving this goal. So you meet yourself from a place of knowing in this thought experiment.

Once you've done that, and you've taken the time to kind of process Wow, that was kind of an interesting thought experiment that you know how I feel about that? How do I feel about it? Now how do I feel about this goal? Then you can get down to the nitty gritty of the how of goal setting only after all, that you go through all the thinking first to the logical conclusion of future you having achieved the goal. And then you work backwards through the how of the goal setting. And if there are things that are part of the house that you don't know how to do, and figuring those things out is part of the how this is where you are going to break things down into specific, measurable, achievable, relevant and time oriented goals. So if it's a year long goal, you're going to break it down into months and weeks. That kind of thing. This is your actual action plan. And like I said before, at the beginning of this episode, that stuff, you can look that up on the internet, you can you know how to set a goal, type it into Google search engine, and in 10 seconds, you'll have a gajillion websites that will tell you how to set a goal. But if you haven't gone through the process I just described, you're going to find that you write that goal down and it sounds great. And then you're going to wonder a week later why you had completely abandon this goal. Now I also want to add, I think you should keep all of this a secret. Your big goal, your big dream, keep it a secret. And if you're asking why. Here's why. I love to reference Dan coils, little book of talent. I talked I talked about him like we're on a first name basis. His name is Daniel Coyle. He's an author, he wrote a book called The Talent Code, which I talk a lot about in the agility challenge. It's a great book. And he also wrote a book called The Little Book of talent with 52 tips on talent. And this is one of his tips. And it's supported by research as far back as the 1920s. And when he wrote The Little Book of talent, there were studies as recently as 2009. So here's the experiment. In 2009 163, people were given some difficult task, it was like a work project or something. And they had



45 minutes to spend on this task. Half the people were told to announce their goals, and the other half of the people were told to keep their goals quiet. Now the people who announced their goals quit on the project after only an average of 33 minutes, and they reported feeling satisfied with their work. But the people who kept their mouths shut. They worked for the entire 45 minutes and remain strongly motivated to continue working on the task even when the experiment ended. They wanted to keep working on it and the concrete There's one of those studies was that telling other people about your big goals and your big dreams actually makes them less likely to happen, it makes it less likely that you're going to do the work to achieve those big goals and dreams. And here's why. doing the work to achieve a big goal or big dream often involves discomfort, it's work, its effort, you might have to get up earlier, you might have to stay up later, you might have to sweat more, you might be frustrated more, you might have to go places you wouldn't normally go, you might have to meet people you wouldn't normally meet. And telling others about your big goals makes you less likely to do that work. Because it creates an unconscious payoff, it tricks your brain into thinking you've already accomplished the goal. And that's because it can feel just as good, just as satisfying to tell somebody about your big goal, or dream as it is to actually achieve that goal. And in some ways, it can feel even more satisfying, because you tell somebody, you've got a big goal, like let's take, I'm going to make the world team, let's take that as a big goal, I'm going to I'm going to make it my goal to make the world team, which I've done before, and I want to do it again. And I'm gonna tell some some good friends, hey, I'm going to make it my goal to make the world team again. And my friends are going to say, Wow, that's great, you should totally do that, that's going to be amazing. And that's going to make me feel good that compliment that wow, that's, that's going to be great. That is going to be so amazing when you do that. So I'm going to feel like I got some strokes, then, like I got some ego strokes, I'm going to feel pretty pleased about it, I'm going to feel feel pretty satisfied about it. Just as I would if I had achieved the goal except with all the potentially uncomfortable, frustrating time consuming work that I would have to put in to actually



achieve the goal. So keeping your big goals and keeping your big dreams to yourself is one of the smartest things that you can do. We tend to think if we tell people about our big goal, that they'll help us hold us accountable. But that just that just isn't what's borne out in the research. You know, if you if you have a big goal and you want to go after it, people are going to notice anyways, you don't have to tell people what your big goal is, if you've got a big goal to to make the world team and that entails a bunch of time spent in a particular way and physical fitness and dog training goals and in the ring competitive goals, people are going to notice that and and people are going to be saying, Oh yeah, I can see what she's up to, I can see where she's headed, you don't have to tell people that you should absolutely keep it to yourself. And you'll be more likely as far as the reach research shows to actually reach the goal. So I want to take some time to thank the listener who reached out to me and wanted to hear more about goals and goal setting. I talked a lot about goals and goal setting before and the agility challenge. So like I said before, I wanted to take a different approach to it for this podcast episode. Since this podcast is more about internal thoughts and emotions that we either allow ourselves to be driven by, or that we take charge of so that we can steer ourselves in a purposeful direction. I know I have some big goals, big goals that I will not be telling anybody about. Although like I said, if you know somebody who's going after a big goal, you can usually tell by what they're doing, even if they don't say anything about it, because the doing is the important thing once you've gotten past the dreaming stage, right. So I've made those wanting and having lists before that I talked about earlier in this episode. And I'm going to be making that list again this weekend. Going through that process that I outlined earlier in this episode. While I check out the live stream for the American Kennel Club agility World Championship team USA tryouts this weekend. gap years years that I don't go to tryouts. Like I said, they've only happened a few times since I first went to my first tryouts in 2007. And when they do happen, they tend to really light my fire for the next opportunity. They serve as really good times for me to reflect, plan, strategize, and move forward. So I'm going to enjoy watching the live stream for trials



this weekend. And I'd love to hear from you after you go through the process I outlined in this episode. What did you learn about yourself that was surprising or unexpected? Did you meet any internal resistance? Did you feel like oh, I don't need to do this. I'm gonna do this later. Or did you go through the process and discover that maybe you're aiming too low and you need to aim a little bit higher if your goal with the process is to stretch yourself and get into that slightly uncomfortable space. That means you're just about to experience some growth. Head over to [podcast dot the agility challenge.com](https://podcast.theagilitychallenge.com) forward slash 14 and share your thoughts. If you enjoy today's podcast and you've got somebody in mind who you're pretty sure could benefit from discussing Do the things we talked about today head to the webpage for today's episode, [podcast dot the agility challenge.com](https://podcast.theagilitychallenge.com) forward slash 14. And scroll to the bottom, you'll see a section that says Share the love that has some instructions and links for how to subscribe to and share this podcast and also how to leave a rating and review in Apple podcasts. I'm a pretty tech savvy person but even for me it was a little tricky, so I've included a how to link for you at the bottom of the page. So go ahead and head on over to [podcast dot the agility challenge.com](https://podcast.theagilitychallenge.com) forward slash 14 subscribe to the podcast, leave a review and share it with a friend. Also, you can leave a comment below the episode and let me know your thoughts about what we discussed today. I'd love to hear from you, and maybe discuss your thoughts on a future episode.