

## What Gets in the Way of Achieving Our Goals?



If we're being honest, the biggest barrier isn't a lack of discipline, motivation, or even time.

It's misdirected energy. For many of us, that misalignment begins early.

I still remember a t-shirt I wore with pride in my early teen years:

***"A woman needs a man like a fish needs a bicycle."***

I wore it like armor. I was angry and reactive.

Beneath all that rage lived something I didn't yet understand. Yes, I was angry. Yes, I was blaming others for how I felt inside and the world I found myself in.

And what I didn't yet understand is:

**When we organize our energy around what we don't want, we end up staying tethered to it.**

Think about the anti-war movement of the 1960s.  
Millions marched *against* the Vietnam War. Their hearts were awake, courageous, and committed. But the movement's emotional center still revolved around the very thing it wanted to end.

Imagine if it had begun as a **pro-peace** movement instead.  
Same courage.  
Same conviction.  
Different center of gravity.

Here's the quiet, steady truth:

**We create more powerfully when we stand *for* something than when we fight *against* it.**

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### **So, What Do We Do Instead?**

We shift the center of our energy.

Not by negating our feelings and our knowing.  
Not by bypassing what matters.  
But by choosing to root ourselves in creation instead of resistance.

Not *anti-fracking*, but **pro-environment**.  
Not *anti-plastic*, but **pro-hemp**.  
Not *anti-stress*, but **pro-serenity, calm assurance and wholeness**.

Alignment isn't wishful thinking.  
Alignment is courageous self-leadership — choosing thoughts, language, emotions, and actions that support the future we're building **knowing it's already happened** - knowing that what will eventuate is love.

Every choice becomes part of the architecture.

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### **Alignment Practices That Actually Work**

Most of us have heard that goals should be written in first person present tense.  
There's a reason: it trains your mind and nervous system to recognize where you're heading.

Here's some examples.

- *I grow a community of 1,000 engaged women leaders by posting 3 heart-led teachings every week across LinkedIn and Instagram.*
- *I deliver 4 corporate workshops each quarter, each one bringing measurable leadership skill development to leaders in law and tech.*
- *I nurture meaningful professional relationships by following up with 5 people every week with thoughtful value-based communication.*

This isn't fluffy manifestation.

This is clarity.

This is intention.

This is leadership — from the inside out.

I once knew a seasoned attorney who, at the start of every year, wrote his desired income on a small slip of paper and tucked it into his top desk drawer—where he would see it often, a steady reminder of the future he was choosing to create.

No announcements.

No rituals.

No chanting.

Just quiet alignment. He let it guide him.

He showed up with presence. He served wholeheartedly.

He represented his clients with confidence, integrity, and calm assurance while holding the vision of prosperity and success.

That's what alignment looks like in real time.

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## **A Practice I Love: Commercials**

Think of it as a twenty-second inner spotlight — a daily reminder of the life you're building.

Spend a few quiet minutes each day imagining your goals:

- What do they *look* like?
- What do they *sound* like?
- What do they *feel* like?
- Who are you when you're living that reality?

If you can daydream in the shower, if you've ever drifted off in a car ride or gotten lost in thought — you already have everything you need for this practice.

This isn't fantasy.

**This is training your heart, mind, and nervous system to recognize the future you're choosing.**

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### **Keep It Simple.**

Keep It Honest.

Keep It Heart-Centered.

You don't have to fight your way to the life you want.

You don't have to muscle through with grit alone.

### **You stand for it.**

With compassion.

With clarity.

With the courage to see yourself as someone already becoming the person who lives that future.

Focus on what you're choosing to create.

Align with it.

And let every part of you rise to meet it.

Know that what will eventuate is what you are choosing to create with every fiber of your Being.

See it. Feel it. Love it. Know it.

Then, from that space and with that mindset, start stepping and create your dream.

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