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**A DEEP YEARNING FOR DOING SOMETHING?
HOW TO FIND 'BRAND NEW' GOALS AND WISHES?
IN JUST FOUR WAYS, A PERSON GAINS FASCINATING INSIGHT INTO LIFE
WITH A STRONG DRIVE!**

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Annotation

The article presents information about four ways to find new goals and desires to do what a person wants. It explains how a human body, 'miniscule' details of life, a mindset and, finally, a void – an empty room in a person's mind are all-important points in finding new goals and wantings.

Keywords: a body, a 'wanting' muscle, miniscule things, a mind, a void.

Аннотация

В статье представлена информация о четырех способах поиска новых целей и желаний делать то, что хочет человек. Она объясняет, как человеческое тело, «мельчайшие» детали жизни, образ мышления и, наконец, пустота — пустое место в сознании человека — все важные моменты в поиске новых целей и желаний.

Ключевые слова: тело, 'желающая' мышца, крошечные вещи, разум, пустота.

Introduction

Have you ever wondered that why people who have found their wishes live, work and even move somehow in an extraordinarily special way? Why do their eyes light up in every minute; why are they full of energy; why do they think themselves lucky; why do other people follow them; why do they go with the flow? Because they have already found their goals and wantings in the right way. Because all their achievements and breakthroughs in their tasks have occurred precisely at such moments when they met 'the target'. Because they were ready to start again and hit another one. So, now, do you want to be in their state? If yes, to understand the whole story, there are 4 moments to find goals and wantings. So, let's dig them up...

It is highlighted that working on income growth, reinforced by 'high-quality Wish', turns out to be superb, fast and easy. So, logically, a critically important success factor is to clearly understand: what do I really want now? What goal am I supposed to work towards? In some cases, it is underestimated by people that finding a true goal does have the same complexity



and value as implementing it. So that, it is not like closing the eyes and imagining true goals and wishes, and, obviously, thinking in a such way is a wrong concept.

A skill to find a true goal is like a muscle that needs to be trained. And this is a very important muscle. Because some people are used to ignore and treat it with disdain, and in consequence, rarely achieve 'real' success. To find true wish, a *body* plays an important role. For example, if the wish is really yours, and by just thinking about it, unusual warmth spreads all over the body. Then, it literally begins to vibrate like a guitar string, your pupils dilate and light up, a mysterious smile appears on your face, and you feel a surge of strength and motivation.

It is underlined that revering your sleep, nutrition, taste, rest, comfort, smells, sounds, space, clothing, ambient temperature, health, and vitamins does awaken your body. And then, at an unexpected moment, it will begin to literally shimmer with colors by realising a real passionate goal on the horizon. The more attention a person pays to his body, the more often and more real wishes and goals he finds.

As it is mentioned above, training the "wanting" muscle is like training in the gym. And let's suppose, if a person comes to the gym and on his first day try to lift dumbbells of 50 kg each, there will be two consequences, to a minimum, he will make people laugh with his clumsiness, and, to a maximum, he will injure his tendons. However, if he practises it by systematically scheduling, his technique will gradually improve, his weight will increase, and then, after six months or a year, he will be able to do it. The same training goes for the finding goals. *Giving heed to small things* is another way to find true goals and wantings.

So, asking yourself questions like: 'what do I want right now?' 'what will I eat today for breakfast with a good mood?' 'Is the temperature in the shower comfortable?' is the greatest way to start to train that *wanting* muscle. Understanding miniscule desires is a way to make blood boil and stir in the veins, and to be on the target of goals and wishes. Then asking 'what I want tomorrow, a week or month later?' makes a person to become a professional goal-setter and dreamer without any realisation.

It is true that *a mind* and *mindset* are the unique systems for a person to protect himself and avoid death. A simple example for it is 'to try to fall backwards'. Obviously, a person arbitrarily sticks out his foot to protect himself from falling. Or else, another example is to try drowning in a bathtub. At the very last moment, a reflex immediately works to rescue himself. And this very mechanism that helped him not to die can interfere with achieving his goals. So, how?

A best way to understand this is through an example. So, for example, a person really wants to buy a car. By feeling a thrill of excitement, he sets a goal and writes a plan. According to the plan, he starts to work hard to make money. He is full of energy, he has a surge of strength because he is on the target. He finally buys a car after a thorough determination. He experiences euphoria, joy, he is on a real high. His state remains for another day. Then more. However, after 3-4 days, emotions begin to subside. And, for some reasons, instead of euphoria, emptiness, impotence and apathy roll over.

Most likely, this is because he has just achieved a significant goal, to which his whole life was subordinated. Since he has not yet managed to set a new goal of the same strength, for him, life has lost its meaning. There is no longer that euphoria, that drive in his life; that excitement which makes him do the impossible, take risks, change, grow. This meaningless hole in his life



can be very long and deep. And most importantly, the brain experiences emotional despair – death. In consequence, he can lose the meaning of existence; he can lose his ‘why’ for living. To prevent this condition, it is recommended that it is always worth setting multiple goals ahead. That is to say, his current goal should already be followed by the next one. Always 1-2 goals forward, at least. Then, after achieving one goal, the brain understands that this is only the beginning, and there is still a lot to be achieved. It begins to compress time and explore all the strengths of a body in which the nearest target is achieved much faster than he expected. The more many goals a person sets for himself after the nearest goal, the faster and more likely he achieves it.

Why does a mind need *a void*, an empty space to find a goal? Because any achievement or breakthrough in life does begin with a void. For example, let’s say, a person is now in a bad relationship. In order to start a new one, he needs to end the previous one. Until he does not put an end to his previous relationships, the next *new, wonderful* ones will not begin. Or else, until a person can’t close the old and bad project or business, a *new, great, promising* one will not come. Until a person cuts off with the old and bad-affecting environment that pulls him down, *new, strong* people will not appear in his life. That’s way it is a way too much important for a person to find new goals or wishes with a void in his mind. He, first of all, needs to start moving to a new level by getting rid of the old, unnecessary one. He needs to literally close his tails or cross out the goals and deeds that have been hanging for a long time.

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