

Do You Know How To Get What You Want?

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Whether it's the big promotion, or the hot guy or gal in the office next to yours, if there is something you want, do you know how to get it? Or are you sometimes confused about how to approach getting what you want? If you're not sure if you have what it takes to make your dreams reality, take our quiz to find out if you know how to get what you want out of life.

- 1) When you notice the hot guy or girl who just got hired and appears in every way to be your dream guy/gal, you:
 - A. Immediately introduce yourself, and offer to show him/her around the office, as well as around town.
 - B. Wait a few days, and maybe drop a hint that you're available if he/she needs someone to "show them the ropes."
 - C. Practically dash under your desk when he/she walks by, but you secretly fantasize about this person every day.
- 2) You were laid off from the job you've had for the last 10 years, so you:
 - A. Immediately hit the job ads, network with everyone you know in the business, and basically have your resume out to all sources and potential employers within a week of being laid off.
 - B. Sulk for a day or two then send out one resume, and hope you get a call.
 - C. Arrive at the unemployment office, and continue to collect for a few months before you launch a job search.
- 3) You see a new dress/suit in a department store window that you know you'll look great in, but the price tag is hefty, so you:
 - A. Check the store once a week to see if the item has gone on sale, and when it does, you snag one in your size.
 - B. Try to sell some of your own stuff on eBay to raise money to purchase the item.
 - C. Don't even try to buy it. You tell yourself it's simply too expensive and "that's life."
- 4) After college you find yourself in major debt due to the many loans you took out to pay for your education, so you:
 - A. Become determined to make money to pay off the loans, and have plenty left over for the other necessities in life. For this reason, you become a super negotiator when it comes to salary talks with potential employers.
 - B. You draw up a budget, and try to commit to staying on track. But this may be hard because you like the finer things in life.
 - C. Just hope to be able to make payments over the course of the next 10 years.
- 4) When you apply for a job, you:
 - A. Send a resume, and then make follow up calls to the employers to ask when it is convenient for him/her to conduct an interview with you.
 - B. Send resumes, and wait for the employer to contact you.
 - C. Send a resume, and if the employer contacts you, you get tongue tied, nervous and break out in a cold sweat.
- 5) If you are dating someone for a period of time, and desire to "get serious" with him/her, to make it happen, you:
 - A. Orchestrate a candlelight dinner, and explain how you want to spend the rest of your life with him/her.
 - B. Wait for him/her to bring up the subject, and then mention you would like to take the relationship to the next level.

C. Hope he/she feels the same way, but never bring the topic up. Give yourself five points for every "A," three points for each "B," and one point for every "C."

Results:

If your score is 30 or above you know how to get what you want. "A person who is willing to go the extra mile to get what he/she wants is confident, willing to take a risk, fearless, motivated and driven," says Kristen L. Baker, a certified master life coach, spiritual coach, wellness coach and law of attraction coach from Nashua, NH. "To get what you want you must have intention and commitment." You have worked hard, and hard work has paid off for you by attaining the goals you set for yourself. "You have to be willing to work longer and harder for what you want because it takes at least 10,000 hours of 'deliberate practice' to become great at something, and there are no shortcuts in this process," says Caroline Adams Miller, Bethesda, MD-based professional coach, author and speaker on goal accomplishment, and its intersection with happiness. "These people are resilient and optimistic, and have the tendency to hang out with people who have the same optimistic and 'can-do' spirit. They also have more of the character traits that are traditionally associated with happy people, such as curiosity, zest, the ability to love others, and be loved back."

If you've scored 20 to 29 you are a person who goes after what you want some of the time. "Someone who only goes half the mile really is not 100% committed to what they want. Or they can often times have fear of failure and/or success," says Baker, who also is author of *It's Okay To Have Anxiety...Really!* (2005) and *30Day Boot Camp To Eliminate Fears & Phobias*, (Happy About Publishing, 2008). "This person is not completely confident in himself/herself and is impatient." So how do you get motivated to go after what you want out of life? "You must really find excitement about achieving a goal, and look at the opportunities and the accomplishments of achieving this goal. Always stay positive and tell yourself, 'Yes you can;'" don't allow others to influence you in a negative way."

If your score is 19 or below you don't exert the effort needed to get what you want. "The perfect example of someone who doesn't want to exert himself/herself to get what he/she wants is someone who is unhappy in his/her job and he/she settles because he/she thinks him/her is not as good as others in great jobs. This person doesn't try, and he/she remains in a stagnant and unhappy place because he/she is afraid to try," explains Baker. "This person is lacking true desire. This person has low self esteem, and possibly a very negative inner critic that keeps him/her from not taking action. Remaining in one's comfort zone is often easier for many, therefore it doesn't require change. Fear is a big one." In addition, you also need to "savor the wins," instructs Miller. "This prolongs well-being, and makes you want to achieve even more wins. Priming your environment with positive pictures and words and music has also been found to help people think and behave in goal-directed ways," she says. "This person must change their attitude. This person must change how he/she thinks and talks to themselves. This person must believe that he/she can do anything he/she put his/her mind to and he/she has got to take risks."