



Iris Alheidt-Pehrish - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

Recommendation of the week:

Do you also struggle with setting realistic goals? Or do you still have no idea what you want from life? Exactly that – setting goals, achieving goals, and figuring out what you really want – is part of **DER KURS**. Feel free to reach out if you're interested. I'd be happy to answer any questions you may have beforehand, without any obligation and free of charge.

DER KURS "growth"

Course start: June 21, 2025

Course duration: 3 months

Course location: Online via Zoom

Course size: max. 7 participants

Imprint

Publisher: Iris Alheidt-Pehrish

Editorial: Rebecca Gehrke

Layout: Rebecca Gehrke

As of: January 20, 2025

No liability is assumed for third-party content. This content is published exclusively upon request. For more information, please visit the following website:

<https://www.iris-alheidtpehrisch.com>

Setting and Achieving Goals

I want to begin this weekly impulse with an answer to the following question: "What happens when we let dreams guide us toward goal setting, only to realize in the end that our goal doesn't align with reality?"

My answer for you is: "It's essential to find a balance between childlike dreaming and mature reality-checking. Your dreams are valuable, but they may change, grow, or even fade if they no longer align with who you are. True success lies in staying true to yourself – and that sometimes means courageously changing direction."

Tips for Questioning Your Goal Setting

1) View your goal from a realistic perspective:

Consider whether you have the necessary resources, such as time, energy, and financial means, to achieve your goal. Reflect in advance on potential obstacles and how realistically they can be overcome. It can be helpful to discuss this with others. Friends, family, or a neutral coach can help you identify blind spots you might not see on your own.

2) Be open to goals changing:

We often tend to put on blinders once we start working toward a goal, ignoring warning signs that suggest the goal might not be right for us. Throughout the process, consciously pay attention to how you feel. If you notice that the journey no longer feels right, remember that goals are allowed to change. It's absolutely okay to pause and question whether the goal still aligns with who you are. Sometimes, seemingly "wrong" goals lead us on detours to the truly meaningful ones — and these detours are a valuable part of the process.

3) Visualize your life after achieving the goal:

Imagine as realistically as possible what your life will look like once you've achieved your goal. Picture this state in your mind or write it down. Pay close attention to how it feels. Does this realistic version feel as good as the initial dream?

4) Examine the origin of your dreams:

Reflect on whether your goal truly stems from your present self or if it's an outdated relic from your past.