

## Goal Setting

So many people fail to reach their goals because they didn't plan. They talk about 'living the dream' as though it were an impossible fantasy instead of an achievable goal. But you don't need a Fairy Godmother or a magic wand to change your life. The Chinese philosopher Lao Tsu said 'the journey of a thousand miles starts with one step.'

### Benefits of Setting Goals

When you set clear, passionate, and definitive goals, you will gain a renewed energy and a sense of purpose and direction that encourages you to take decisive action. You will discover that this process increases your desire, passion, and motivation.

Also, by following through with every goal you set for yourself, you will develop more certainty and clarity as you move toward your desired objective. The process of goal setting instills in you the courage to set even bigger goals and take on bigger challenges.

But you can! If you want to live your dream life you need a plan, goals, and milestones to get you there. You can take control of your dreams and make them a reality, not just at work but in every area of your life.

1. *Career and business*
2. *Finances*
3. *Education*
4. *Relationships*

### 5. *Health and fitness*

### 6. *Personal growth*

### 7. *Spiritual growth*

## 5 Steps for Reaching Your Goal Fast

Think of your current life goals. How convinced are you that you'll succeed? What's stopping you from making that trip, losing that weight, learning that language, or running that half-marathon?

What if someone said you could accomplish your #1 goal in 100 days? That there is a formula that you can use to guarantee success? You can do it if you follow these five steps.

### 1. **Keep your goals SMART**

Your goals need to be tight, focused, and concrete. Above all, they must be SMART.

- **Specific:** work on keeping your goal as focused and defined as you can
- **Measurable:** keep your goals tangible, whether it's running 10 miles or writing 60,000 words of your novel
- **Attainable:** keep your goal challenging but not impossible (check your emotional response to gauge this – do you feel excited or overwhelmed?)
- **Relevant:** set goals that speak to your heart and will move your life forward. Make them your goals, not your manager's, or your friend's or your partner's

- **Time-bound:** scope for 100 days or less.

## 2. Write Your Goals Down

Writing down your goals is one of the most valuable tips to help you set better goals, rather than just thinking about them. Writing your goals down makes them tangible and also makes you accountable. The possibility of you achieving your goals increases further when you put them down in writing because writing makes them feel more realistic.

Also, by making a step-by-step list of your goals and keeping it plainly visible, you can review it every day. You will always see where you want to go. You will also be able to visualize the roadmap to achieving your goals more clearly. Writing down your goals also gives you an idea of what you need to do as well as the things you need to avoid doing to make them a reality. It is an efficient way of keeping them at the forefront of your mind all the time.

You can list out your daily goal experiences or keep a journal of them. By doing this, you will learn to discipline yourself to follow your goals. You'll be able to track your progress at the end of the day and see whether you're on the right path.

## 3. Check in on progress

You'll keep your motivation high and your project on course if you take regular progress checks. You'll be able to see if any aspect of your project is slipping and make adjustments early to get back on track. And

when you set your milestones, make sure you include rewards. Keep that positive feedback loop going by celebrating and rewarding success.

## 4. Be accountable

Achieving your goal will be easier if you're accountable to someone else. Ask a friend, coach, or mentor to be your accountability buddy and share your progress reports with them.

## 5. Don't give up!

Commit to yourself that you will keep going to achieve your 100-day goal. Everyone has bad days, and sometimes life can throw you a curveball, but it's more important that you pick yourself up and stay on course.

Keep it simple and stick to this five-step formula and you'll be on your way to accomplishing your goal before you know it! You can also use this approach to complete subsections of your major goal, whether it's becoming a CEO, completing that triathlon or building your business. The same principle applies – break it down into smaller more achievable chunks and go for it!



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