



Accomplishing Goals

Keeping a promise to yourself

How to set goals you can accomplish

Staying on track

Avoiding failure

How to find your “WHY”

Making lasting change

Accomplishing Goals

The idea of a goal is to bring a dream of yours into reality. We all have dreams but those that live theirs got them by setting and achieving goals. I have spent many years setting goals, but it wasn't until I put into place, the steps I'm about to show you, that I saw them become my reality.

Getting started is easy, it's maintaining the work it takes to reach the goal that's difficult. While we all set goals, only 8% accomplish them. That is, until now.

Step 1. Setting Goals, you can accomplish

What's your Goal? **Example: Lose 50lbs** You

Set a tangible goal. Something you know you can accomplish. We all want to be millionaires tomorrow but the likelihood of it happening is extremely slim. Setting a reasonable goal will prevent you from getting discouraged early on and build confidence for larger goals in the future.

Date you would like to reach this goal **6-30-2020** You

Give yourself enough time

Step 2. Get into detail

Writing down your goal isn't enough; you must know exactly how you're going to achieve it. This is the step most people forget. Most people set a goal and start taking action but without a detailed plan, you won't get very far. Setting a goal without a plan is like taking a road trip without a map.

Goal Breakdown **Lose 50lbs in 6 months** You

Divide your desired goal with your time period

50 Divided by 6 = 8.3lbs a month You

Then divide it by 30 8.3 Divided by 30 = .27lbs daily You

See how breaking a goal down makes it look possible and gives you an idea of what you have to do daily to reach that goal?

Make a list of the things you need to do to reach your daily goal

1. Diet, exercise, sleep You

2. Less calories-burn more You

3. Track progress-app ext You

Note: Some of these things on this list will change as you learn what works best for you.

The more you know, the better chances you have to reach your goal.

Step 3. Avoiding Failure

Make a list of all the things you know will cause you failure to reach your goal. Prepare yourself for any challenging times that might get in the way so that you can avoid them and/or be prepared to deal with them when they come.

List Junk food in the house,
shopping while hungry,
burning out, cravings,
joint pain... You

Step 4. Finding your “WHY”

Why do you want this goal? Below is an exercise to dig out the correct answer. The one that will be strong enough to get you to the finish line.

Why do you want this goal?

You

To look and feel better

Why?

So I can be more confident

Why?

To avoid rejection

Why?

Do this over and over until you get the true answer. It usually takes 7 times but you'll know when you have the right answer.

When you figure out your “WHY”, write it on your mirror, put it on your dashboard in your car, on your desk, on the refrigerator and any other place you will see it often. This will remind you why you’re doing what it takes to reach your goal anytime you feel like giving up.

Step 5. Making lasting change

Reaching a goal is very satisfying, but you may find yourself a little depressed after. Why? Well, because you’ve reached your climax and the challenge is over.

So, what do you do? Scroll to the top and set another goal!