

Reach Your Goals



Discover The Simple Strategies Anyone Can Use To Finally Achieve The Goals You Set!

Table Of Contents

Introduction – Why Set Goals?	3
How To Set Goals You Can Reach?	4
How To Actually Reach The Goals You Set.....	5
Get Motivated To Reach Your Goals.....	12

Introduction – Why Set Goals?

Let's begin by using an old case study to lay the groundwork for how goals are among the most crucial components you need to have in order to be successful in almost anything you set out to do.

To find out how many Yale's graduating seniors had clear, written goals for the future, researchers polled the class of 1953. The response is only about 3% did. Researchers then surveyed the Class of 1953 survivors 20 years later and discovered that the 3% with goals had amassed more personal wealth compared to the other 97% of the class put together!

The lesson to be learned here is:

1. Goals do work.
2. They are hardly ever used.

I'm assuming that you already desire more from life than you currently experience and are looking for a way to do so. You'll discover exactly that in this short report: a means of obtaining it, regardless of your background, age, or situation.

There are three main sections in this report:

1. How to set goals
2. Reach the goals you set
3. Motivational strategies

Will this report help me achieve my life goals? Yes! If you put it into practice. It really does teach you how to reach your goals, but only those that you're ready and willing to reach.

This report walks you through each step of how to put in the time and effort required to achieve your goals in life. However, you must put in that time and effort. You have to take action and implement these effective strategies!

How To Set Goals You Can Reach?

All of us desire a better life. Everybody has dreams. Wishes are objectives, but objectives with pop, crackle, and snap. While goals offer a path to your desired destination, they frequently lack the motivation to get you there.

Wishes are unique. As opposed to being struck by a lightning bug, they have an impact. You are allowed to dream. They allow you to fly. They enable you to access an endless well of potential and energy, giving you the strength to achieve things you might never have dreamed of.

Think about fulfilling your wishes rather than setting goals if you want to bring about change in your life.

You must choose what you wish for before you can make your wishes come true. The good life is something that many people daydream about as they slog through one work week after another, but they rarely have a clear understanding of what that "good life" should look like.

What you truly want for yourself, not what you're supposed to want or what someone else wants for you.

Every wish comes with a cost. If you are willing to pay the price, you can have whatever you want. Time, cash, or effort may be the cost. It might be in what you have to give up to achieve your goals.

You have the ability to make your wish come true if you are willing to pay the necessary price. You have a 100% chance of success if you are 100% willing to pay the price.

If you are willing to pay, your wish will be granted.

How To Actually Reach The Goals You Set

Step 1: Increase your desire.

Desire is the foundation and the first step in achieving your goals.

Have you ever tried to accomplish personal or professional goals but failed? This is an important question: WHY?

The reason is straightforward: We lacked sufficient desire.

Some people might contest that. However, despite my strong desire, I was unable to arrive. I'm sorry, but the desire was still insufficient.

How do you recognize passionate, intense desire?

It is what drives people to work nonstop and stay up late. The desire rules speech, thought, and deed.

Think for a moment about the objectives you've set for yourself. How devoted are you to realizing these objectives?

What circumstances would you give up?

What if you could substantially boost your motivation to accomplish these goals?

What if you knew for certain that you would never, ever give up because you wanted them so badly?

You transition from hoping to knowing when you are genuinely 100% committed to achieving your goals. Quitting is never an option when you want something so badly. Either you create a solution or find one. You must pay the price, no matter what it is.

You can achieve the unattainable dream by indulging your most intense desire.

Create a genuine desire to accomplish the goal. A wish or daydream is meaningless; it is ill-defined, undeveloped, and unsupported by deeds. Your plan takes action when you desire it.

The key to success is a strong desire.

Step 2: Establish the belief that you can succeed.

A goal will remain a pipe dream if you don't think you can accomplish it, just as it would if you didn't bother to plan your route or take the necessary steps to get there.

You don't give something your all if you have any doubt that you won't be able to accomplish it. In actuality, you could just put it aside. You must have a cellular level belief that something is possible in order to fully accomplish it.

Seeing is believing. One must see to believe.

We are confident you will achieve your goals if you are willing to accept that you can succeed, that you will enjoy being successful, and if you are willing to create and work toward a thrilling, enjoyable, and rewarding path to your goals.

Step 3: Define your true objective.

John F. Kennedy promised that the United States would send a man to the moon "before the decade is out" in May 1961. It was a daring and audacious goal, possibly the best of all time.

However, merely making the claim did not result in its realization.

It took a tremendous amount of knowledge, planning, resources, labor, risk, and dedication—among other things—to send a man to the moon. The setting of the Objective by John F. Kennedy, not Neil Armstrong, was the most crucial step.

The Objective is what we refer to as the outcome. It is where all of your efforts will end up. For instance, having \$10 million by old age might be the goal in investing.

Most successful entrepreneurs set goals in a variety of areas of their lives, in contrast to some people who may only want one in one area.

Family and career, financial, health, education, spiritual, these are just a few of the categories in which you should place your Objectives. Long-term goals, sometimes even lifetime goals, are common, but they are not required. They must be important to you and something you believe is worthwhile to pursue, or establishing a goal setting routine would be pointless.

We recommend that you begin by setting objectives in one or two areas. As you begin to achieve small successes, you will most likely add more Objectives because you want to be successful in all aspects of your life.

Don't hold back, always make your goals as ambitious as you are able to make them, but be certain that your objectives are smart.

Make smart goals and begin achieving them right away.

Step 4: Write down your goals.

Outline your objective in great detail. Why is it so crucial that we need to write it down?

The act of thinking requires the use of words. Words help the mind create images, pictures, feelings, and emotions. This abstract thought has been given body, shape, form, and substance by being expressed in words.

It isn't just a thought anymore!

It develops into something that inspires us or gives us a gut feeling.

The mechanical process of writing is so crucial because putting pen to paper now transfers those expressions, which embody thoughts, onto something material. Now we can actually look at it directly.

Even writing out the phrase or expression while using the eye in tandem with the hand holding the pen leaves a much stronger impression on our minds.

Now, as we read and reread that word or sentence, the mental impression grows stronger and stronger.

Written objectives are orders that the unconscious mind blindly follows. Writing down one's goals has a kind of semi-magical quality that makes achieving well-written goals all but certain. The real secret is to set goals and then write them down in a special way that ensures their success.

Either jot it down or bid it farewell.

Step 5: Set a deadline for achieving your goal.

The goal-seeking missile in your mind is ignited when you set a deadline for achieving your goal. Make sure your date is feasible—not too far out that it's impractical, and not too far out that it's uninteresting. Make sure to include

the date of your goal in the space provided next to it. You should never alter this date once you've decided upon it.

Can you now see why another crucial step in the goal-achieving process is deadlines?

Yes, deadlines help to focus thought and boost motivation. But expecting deadlines to work miracles is a mistake.

If you give yourself a deadline and say, "In seven days I will have made an extra \$5,000", it won't materialize unless you have a strategy and a practical plan based on your current situation.

Set a fixed due date. We tend to act faster in response to deadlines.

When we commit to completing a task "as soon as possible" without setting a deadline, the task ends up in our "as soon as possible" list of things I will do later, which is probably never. Why? We all have too much to do, and we don't have enough time to complete it all. The tasks that have completion dates have a tendency to rise in importance as we move forward to complete them.

One step is all it takes to go a thousand miles. Achieving a goal never involves making a giant leap over a canyon. Many people are intimidated and discouraged from pursuing their dreams because they believe they will have to make a huge leap across a canyon, and what if they don't leap far enough? Disaster.

But unless you put your goal in writing, quantify it, and give it a deadline to help you divide it into manageable pieces, it will always seem out of reach. However, by following these three steps and breaking down the goal, you will always find that you have control over what it takes to complete the next step. And as soon as you start, you are moving forward.

Step 6: Outline your reasons why you need to set goals.

In researching goal-setting and the secrets to success, it was found that many people struggle to succeed simply because they don't have compelling reasons to do so.

Don't let this prevent you from succeeding. Consider carefully why you want to accomplish a goal, then put your decision in writing.

Do you intend to retire with \$5 million? Why? You claim you desire a mansion as your home. Why? Your chances of achieving your Objectives will increase with the strength of your reasons.

In contrast, if you are unable to come up with "good" Reasons, you should probably choose a different Objective because this one won't be accomplished.

Keep in mind that everyone's reasons for wanting something are unique. What one person considers vain or foolish, another will consider great or deserving.

You must think of motives that are sincere, powerful, and inspiring to you.

With plenty of room for expansion or addition, list them below the relevant Objective. It is better to have more justifications. Just make sure they accurately reflect the motives behind your desires.

Step 7: Using 'mini-goals' to help reach your main goal

Following the creation of a goal and your strong justifications for reaching it, you must begin organizing your strategy for reaching that main objective.

You should be asking yourself: "What actions do I need to take to get there?" Your mini-goals will be these actions.

You must first determine how to go about doing that. Do you require additional investing in education? Will you need to begin setting aside \$500 per week? Do you need to find a new position? Will you need to monitor your current investments more closely? Your mini-goals will be anything that needs to be done in order to move closer to your main goal.

The scope of a mini-goal may be narrow or broad, but it must always point directly in the direction of reaching your main goal. Additionally, there must always be a deadline. A realistic deadline by which you intend to complete the mini-goal, one that will both spur you in to action and ensure that you make progress toward reaching your goal.

Typically, you will have several mini-goals at once. In the case of a true long-term goal, some of the mini-goals won't be obvious at first, while others will emerge as certain existing mini-goals are accomplished.

Always record your mini-goals along with the dates they were completed. You don't want to be overwhelmed by your mini-goals, so avoid making them too long or challenging. If a mini-goal is long-term, such as earning a

four-year degree toward a larger career objective, divide it into smaller parts (each year, for instance), and revise and/or renew them once they are completed.

You can reach goals that might seem intimidating or even impossible on their own by setting enough and reasonable mini-goals and completing them on time every time.

Step 8: Setup your to-do lists

We further break down our mini-goals into even smaller components, much like how we break down larger or long-term goals into smaller supporting elements called mini-goals.

These are also known as Tasks, and completing them is what makes the goal-setting process actually effective. Tasks are typically the straightforward actions you must take to complete a mini-goal.

You must complete a number of Tasks in order to acquire the knowledge you need if, for example, your mini-goal is to fully understand bond investing by next July

For example: A task would be to decide to visit the library and select a book on bonds.

This week on Monday, Wednesday, and Friday, you could complete three separate tasks by reading the book for an hour each.

Another task would be to visit the Investors Skills website to find out about their bonds. Calling a friend of yours who has achieved success in the bond market would also be a task.

Since you won't reach your Sub-goal of learning about bonds if you put off calling your friend, never finish reading the book, or don't even bother checking the website, all of these Tasks, which should be written down on the same paper as the mini-goal they support, must be set with a Due Date.

Unfortunately, this will make your goal of having \$5 million by the time you retire into a pipe dream once again.

You'll make great progress toward your mini-goals and objectives without feeling stressed if you concentrate on the simple Tasks and complete them.

Make sure to record EVERY task, even those that only require a few minutes. Check them off once you've completed them.

As you complete and check off an increasing number of Tasks, you'll notice that your confidence in your skills grows along with it.

Your motivation to work harder and enjoy finishing more Tasks will increase as your level of belief increases.

Furthermore, the more Tasks you finish on time, the closer you'll get to the success you truly desire. Accomplishments as defined by your original Objectives.

Get Motivated To Reach Your Goals

To be successful, you need to focus on two main factors.

The first is goal setting, which is done by simply setting objectives and creating compelling reasons for wanting the objectives. Dividing the objectives into manageable mini-goals, and dividing the mini-goals into manageable tasks.

The second essential component entails developing a positive outlook on life.

You must adopt a success mindset if you want to achieve your goals. There are two things you should be doing to keep your mind on the success you want: reviewing your Reasons and checking off completed Tasks.

In addition, there are a few other things you can do that will enhance your success that I advise you to learn about: Success stimulants, affirmations, visualization techniques, and questions.

Reward Method

In order to achieve your goals, you must first have a clear understanding of what you want to achieve. Rewards can help you keep your mind on your goals and make sure you reach them.

The Visualization Method

The brain frequently visualizes ideas and the human eye is capable of gathering a staggering amount of information in a single glance, which it then transmits to the brain, which transforms it into what we perceive as sight.

To say that we see with our brains rather than with our eyes would be more accurate. The strategy for success I'm referring to is visualization.

"Visualizing your results is the key to realizing your results," I promise.

All high performers use visualization, which is one of the most crucial skills you will ever learn.

The fact that people don't recognize or make use of the power of this one crucial factor is one of the reasons goal setting does not work for them. You may set a goal, write it down, or even read it out loud every day, but if you can't see yourself achieving it in the long run, you probably won't.

Your key to success is visualization for two reasons:

1. Your mind creates mental images.
2. Your behavior is controlled by your subconscious mind.

Something becomes a part of your reality when it is drilled into your brain in great detail.

Your subconscious doesn't have the capacity to distinguish between vivid imagination and reality. Whatever image (goal) occupies your mind on a regular basis will direct your actions to produce that image.

Your subconscious mind will direct you to take actions that are consistent with the mental picture you have in your head when you consistently see yourself having achieved your goal.

The Affirmation Method

We can use affirmations to speak to ourselves. We make these verbal suggestions either aloud or in silence.

The fact is, if you repeat something to yourself enough times, you'll eventually believe it.

Self-talk, or affirmations, is a very popular activity.

"I always experience things like this!" "I just can't seem to slim down!" "I'm so awkward!"

Does it ring a bell?

But we can also highlight our advantages. Even our undeveloped strengths can be acknowledged.

Create daily affirmations that help you achieve the goals you created during goal setting. Determine what needs to change about you in order to make it simpler for you to practice or uphold the commitments you made when setting your goals.