

# ACHIEVE YOUR GOALS



**DISCOVER THE HIDDEN SECRETS  
TO MOTIVATION AND ACHIEVING  
PERSONAL POWER**

## Chase the right goals

- Realistic goals
  - SMART goals
    - Specific
      - No ambiguity
      - No vagueness
    - Measurable
      - Track your progress
    - Achievable
      - Feasible
      - Attainable
    - Relevant
      - Reasonable
      - Realistic
    - Timely
      - Deadline
      - Time-bound
- Unrealistic goals
  - Wastes time and money
  - Will lead to failure
  - Likely impossible to achieve

## What's stopping you from succeeding?

- Fear of failure
  - Everyone has failed at something
  - Let it mentor you
  - Learn from your failure
  - Excellent guide to success
- Procrastination
  - Prioritize less important things
  - Delaying important tasks for later
  - Waste a lot of time
  - Can't take back lost time
- Fear of success
  - Afraid of change

- Afraid of leaving comfort zone
- Afraid of disrupting balance
- Trying to delay success
- Lack of self-belief
  - Don't listen to naysayers
  - Low self-esteem
  - Dream killer
- Lack of motivation
  - Like fuel to a car
  - Easily give in to temptations
  - No drive to work on tasks
  - No passion to succeed

## **What is motivation**

- Key ingredient to success
- Intrinsic motivation
  - Internal factors
  - Internal satisfaction
  - Internal desire
  - Achieve your goals
- Extrinsic motivation
  - External factors
  - Rewards
    - Awards
    - Recognition
    - Monetary reward
  - Punishment
    - Use fear as motivation
- Know your "why"
  - Why do you want to succeed?
  - Biggest source of motivation

## **Staying motivated in long-term**

- Always keep goal in mind
  - Long-term goal takes years
  - Break into mini-goals
- Make motivation a habit
  - Will happen naturally
  - Don't need to think about doing it
  - You just do it
  - Practice makes perfect
- Goldilocks principle
  - Not too difficult
    - Leads to procrastination
  - Not too easy
    - Leads to boredom
  - Just right
    - Optimal challenge
    - Good chance of succeeding

## **Good qualities you should have**

- Passion
  - Do whatever it takes to succeed
  - Keep on fighting
- Positive mindset
  - Look at things positively
  - See opportunities everywhere
  - Optimistic about life
- Self-confidence
  - Healthy self-esteem
  - Believe in themselves
  - Talk confidently
  - Easily conquer doubt
- Integrity
  - Honest with themselves
  - Honest with everybody
  - Do your best

- Strong character
- Someone you can trust
- Self-discipline
  - Strong foundation for success
  - Focus on your goals
  - Won't give in to temptations

## **Top habits for success**

- Early morning habit
  - Rise early in the morning
  - Get more done each day
  - Maximizes productivity
  - Get head start
- Exercise
  - Good for mind
  - Good for body
    - More energy
    - Feel better
    - Look better
- Eat healthy
  - Stay away from junk food
  - Keeps away illness and disease
- Self-improvement
  - Always room for improvement
  - Don't stagnate
  - Strive to be the best
- Create to-do list
  - Motivates you to take action
  - Helps you prioritize tasks
  - Measures your progress

## **Take massive action**

- Applied knowledge is power
  - Don't just rely on knowledge
  - Put knowledge into practice
- Figure out best strategies
  - Have different plans
  - Find the best plan that works
  - Trial and error
- Take smart action
  - Lead to good results
  - Use time wisely
  - Work effectively and efficiently
- Pareto principle
  - 80/20 Rule
  - Identify the 20% for better productivity

## **Dealing with obstacles**

- Don't get discouraged
  - Expect obstacles
  - Be prepared always
  - Don't panic
- Turn obstacles into opportunities
  - Let your creativity shine through
  - Think outside the box
- Ask for help
  - Get solution to problem
  - Not a sign of weakness
- Keep emotions in check
  - Emotions can cloud judgment
  - Be objective

## **Positive thinking for success**

- Ready to move forward
  - Look towards future
  - Don't let past affect you
- Push your boundaries
  - Think big
  - See how far you can go
- Adjust goals
  - Be realistic
  - Be flexible when needed
- Be grateful
  - Look at what you have
  - Pay it forward
- Surround yourself with positivity
  - Positive people make great friends
  - Will help motivate you

## **Unleash your true potential**

- Know your limits
  - Work within your limits
  - Test your limits
- Stop making excuses
  - Be self-aware
  - Running away from success
- Commit to success