

Goal Setting Powerhouse

The Blueprint To Transforming Your Goals Into Reality



RESOURCE CHEAT SHEET

Goal Setting Powerhouse Resource List

<http://www.success.com/article/rohn-4-tips-for-setting-powerful-goals> – This Success article written by Jim Rohn, known as America's Foremost Business Philosopher, gives you four tips on setting powerful goals for yourself, including defining your dreams and goals.

<https://michaelhyatt.com/goal-setting.html> – This article written by Michael Hyatt (founder and CEO of a noted online leadership development company and author and co-author of several notable books) gives you five principles on setting goals for yourself, including keeping the number of goals you have to a limited number (5-7) because you can only focus on that many items at one time.

<https://www.psychologytoday.com/blog/notes-self/201308/how-set-goals> – This Psychology Today article shows why goal setting is important and how to go about actually articulating and setting goals for yourself, as few people actually do.

<https://www.forbes.com/sites/glassheel/2014/01/14/the-ugly-side-of-goal-setting/#67f68ade1cdf> – This Forbes article shows you four ugly facts about goal setting, including the fact that not everyone will support you in your goals, and how to overcome these ugly facts.

<http://www.free-training-tutorial.com/lifeskills/goalsetting-shortvslongterm.html> – This worksheet gives you some examples of short-term and long-term goals, as well as some examples of how to enable your goals so they become reality.

<http://www.buildwithfred.com/short-term-vs-long-term-business-goals/> - This article by Fred Wiedemeyer (noted accountant, product marketer, and network

marketer) shows you the differences between short-term and long-term business goals and how to achieve both types.

<https://www.kbconsultingforbusiness.com/long-term-vs-short-term-goals/> - This article from KB Consulting shows you examples of short-term and long-term business goals, as well as noting the importance of reaching short-term goals to make your long-term goals achievable.

<http://guide.excelsior.edu/goals-motivation-and-attitude/goals/short-term-v-long-term/> - This guide from Excelsior College shows you the difference between short-term and long-term goals, along with tips on setting long-term goals.

<https://business.tutsplus.com/articles/10-ways-to-eliminate-distractions--fsw-104> – This EnvatoTuts+ article shows you 10 ways to eliminate distractions so you can achieve more of your goals, including clearing work space and computer clutter, as well as setting up “distraction time.”

<https://www.mindtools.com/pages/article/distractions.htm> – This MindTools article informs you of 10 ways to take control of your day; a good fact to keep in mind from this article- it takes an average of 23 minutes for a person to fully regain his/her focus on a task after being distracted.

<http://www.lifehack.org/articles/productivity/how-to-overcome-distractions.html> – This Lifehack article shows you the two main types of distractions and how to overcome both of them.

<https://blog.hubspot.com/marketing/how-to-overcome-distractions-at-the-office> – This HubSpot blog post gives you five ways to overcome distractions at your work place and increase your productivity so you can achieve your goals, including the importance of prioritizing your main project over lesser tasks.

<https://www.inc.com/erik-sherman/overcome-the-five-things-that-keep-you-from-focusing-at-work.html> – This Inc article shows you how to overcome 5 of the biggest distractions at work, plus advises you to focus your attention to improve your productivity.