

HOW TO SET AND ACHIEVE *Powerful Goals*

Have you ever set yourself some great goals... and then let them all drift away? You're not alone. Thousands of us start with good intentions, then get caught up in the day-to-day and forget what we really want from our business and life. Now's the time to get over the barriers and achieve the success you want & deserve!

What's your block to Powerful Goal-Setting?

'I tend to focus on what I don't want'

Do you ever hear yourself saying 'I don't want to put on weight', 'I don't want any more debt', or 'I don't want my business to fail'? The law of attraction states that like attracts like. What's going on in our inner world – our mind – is reflected in our outer world: we get what we focus on!

Solution: Turn it around! Focus on what you do want. Make your goals positive, specific and measurable. If you have debt, decide how much money you want, and write it onto your bank statement. If you want a specific income from your business, write yourself a cheque for that amount – and look at it daily. Decide what it is you do want, and focus on achieving it!

'I don't know what I really want'

The big stumbling block for many of us is creating a compelling vision for ourselves. It seems so daunting. It's a lot easier to focus on the day-to-day and ignore the bigger picture.



Solution: Ask yourself 'What do I really want to be, do and have in my life and business in the next 5 years?' Take 3 pieces of paper, and write 'Be', 'Do' and 'Have' at the top. Then let your imagination fly! Write without judgement until your ideas run dry, then ask the same question again, adding 'if money was no object', 'if time was no object' and so on, until you have 3 pages full of inspiring goals!

'I don't know where or how to start on my goals!'

Being faced with a large goal, like setting up your own business, can create feelings of overwhelm, and we deal with this by procrastinating - watching TV, calling friends or even doing chores instead!

Solution: Break your goal into manageable portions. What do you need to do on a monthly, weekly, and daily basis to move forwards? Take daily action, and reward yourself for achieving these small steps.

'I keep my goals to myself'

Fear of failure stops many people from being open about their goals, but it's a lot easier to neglect them if nobody knows! Keeping your goals private reduces accountability, and with it, your chances of success.

Solution: Get a Coach – someone who can keep you on track, challenge you to achieve your targets, motivate you when things get tough and share in your successes.

'I have goals in my head, but don't write them down'

A famous study of Yale University graduates found that 3% had written goals, 13% had unwritten goals and the remaining 84% had no goals at all. 10 years later, the 3% with written goals earned 10 times more than the other 97% put together! Why leave it to that 3% to gain all the success?

Solution: Write down all your goals, display them where you'll see them, such as your desk, computer or bedside table, and review them daily for maximum focus. And when you've achieved them, write some more!

For a full version of this article, visit:
www.getcoached.co.uk/goalsetting.htm

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