



SCORING YOUR GOAL

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The Secrets Behind
Achieving Goals

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Foreword

What are a few of your biggest goals in life? To lose weight? To earn more money? To have your dream job? To start and run your own business? Would you love to live in abundance? To be in great health? To discover your life mate? To have a loving family? For any of these goals, have you ever experienced the resolve to achieve it, commit resources towards it, work at it for a long time period, only to have it eventually flop? This book was designed to help you obtain all the information you need to be successful.



Scoring Your GOAL

The Secrets Behind Achieving Goals

Chapter 1:

Goals and Habits Basics

Synopsis

Imagine you have a goal to slim down and you decide to shed 30 lbs. You start out great, curbing the amount of food you eat. You also start a workout program.

Day-after-day, you keep track of your weight hoping to see progress. Within the first few days, you start realizing you're losing weight. Elated, you carry on with what you've been doing, but it seems that your actions have lost their effectiveness as your weight loss stops. If anything, it seems to be increasing slightly compared to your lowest weigh-in.



The Basics

You get discouraged. You start to relax and overeat, reconciling that it's never possible for you to achieve the goal and you make excuses that it's in your genes or you plainly don't have the self-control.

You begin to put aside the whole notion of weight loss. Predictably, you start to gain back all the weight you dropped and more. This makes you even more depressed and you start over-indulging more. At some point down the road, you gain another urge to lose weight.

You take up the quest once more, more determined than ever. All the same, past events duplicate themselves and soon you're back where you started, if not in a more deplorable place.

Does this pattern of behavior seem familiar in regards to any of the goals you've decided to achieve before? Being entwined in a ceaseless cycle of setting the goal and trying to achieve it, but never really reaching it?

At this point in time, you feel brokenhearted. You decide that you're not meant to achieve this goal and choose to focus your energy on something else.

A lot of people are guilty of trying to undertake their goals using a series of trial and error approaches. They randomly throw their energy out there with all they can on the few steps they're knowledgeable about, trusting that this will get them to their destination. They address their goals in a hit-or-miss approach, and then hope that everything will eventually turn for the better.

Although it could work in the short-run and on smaller goals, it doesn't work with big, long-term goals.

For example, you could get away with dropping 5 lbs of weight by merely eating less and working out more, but to drop additional weight and sustain that weight loss calls for proper and sustained technique.

Many individuals have this misinterpretation that goal achievement is simple or quick as they come into contact with the events of others' goals. They're not tangled in all the thought-processes, intricacies and literal planning that went into the achievement of those goals.

Chapter 2:

Identify Your Goal

Synopsis

Your time and energy are extremely treasured, so it's better to invest a little portion of time to set the correct goals. You don't want to waste your efforts on sloppily set goals and end up crying over failures when you discover you've spent your time vainly. You don't need to spend time on goals you never really wanted in the first place.



What Are You Aiming For

As you arrange your goals, make sure that they stick with the principles below. These principles are what will guide you in deciding the right goals for you to pursue.

1. Assure congruency with your life purpose.

Your goals have to be specified in the context of your life purpose. Everything in your life should be in line with your purpose. Your purpose is the focus for everything in your life.

If your goals and your purpose are not congruent with one another, it may connote:

- a) Your goals are not in line with what you wish to achieve. If so, review them to determine your central motives for listing them.
- b) You've limited the definition of your purpose. If this is the case, try to build on the definition of your purpose.

Do you realize what your purpose is? By differentiating your purpose, you then have absolute clarity on your direction and focus in life. The last thing you need to do is to spend your whole life trying to grow apples when you truly wanted oranges.

2. Assure your goal is an 80/20 goal.

How much does this goal interest you? Is this goal a fundamental goal in your life - in other words, an 80/20 goal? Your 80/20 goal refers to the 20 percent of goals which, when achieved, will give you 80 percent of the collective happiness from achieving all your goals. What are these 20% goals, which really interest you? These are the goals you should begin concentrating on.

3. Grasp your motives.

Have you ever had the experience where you pursued a goal totally, only to discover you never truly wanted it? There are a few basic indicators, which come out when you don't truly want a particular goal: like self-sabotaging yourself in your quest, losing interest during the goal achievement process and feeling hollow after the goal has been achieved.

As you define your goals, be unclouded on your fundamental motives. Your goal should be something that you truly wish, and not what others wish for you. Why do you need this goal? Is it for you or for others? What will you gain by achieving this goal? Being clear on your fundamental wants will drive you ahead in times when you face obstructions.

If you find yourself setting a goal, which isn't what you truly wish but what others wish you to accomplish, it's a sign that you're chasing imposed purposes - purposes placed on you by others around you. It's the opposite of freeing purposes - purposes that are live creations by you and your cognizance.

Chapter 3:

Stay Focused

Synopsis

A few may say it's because we don't have the essential self-control to achieve what we set out to do. Some say it's because we're too busy or too deluged to take action on our goals.

My personal and professional guess is, it could be any of those things, but it's more likely that you've just set off down a path without your compass and you've started to lose your way.

Instead of randomly prattling off a list of things, you "should" do for whatever reason, sit down and think about what it is you truly wish to accomplish and set solid intentions for achieving your goals.

I also suggest that you center on only one or two intentions at once. Regardless of what you would like to accomplish, intention will set you on a course for success.

As I wrote in one of my articles on www.salusperosnalsolutions.com,
“Without intention, goals are just unrealized dreams.”

Get Diligent

Here are 5 hints to maximize accomplishing your goals:

Hint 1

Get clear. In setting intent, you're making it clear to yourself and to others precisely what you plan to do. Define the definition of what achieving your goal would be. For example, you know you've reached your goal of bettering your management skills once you consistently feel more gratified with your ability to deal with bad situations and motivate your people. You might even get that promotion you've been after!

Hint 2

Realize that intent comes in several sizes and every large goal is filled with intentions big and little. With follow through, intention will finally lead to success. For example, if your resolution is to better your management skills, your first intent might be to speak with your company to determine what skills and traits you might wish to center on.

Hint 3

Don't let confusion overwhelm your intent. You might have a lot of passion about your goals, but passion without a plan is wasted energy and will finally die out. Setting intent to take a step toward your goals every day will keep you on the correct path and help to clear away confusion.

Hint 4

Utilize your resources. Ask for what you wish and need from others. When you clearly state your intent and your request of others, you have the chance to gain a partner and a cheering section. For example, if you look up to someone's management style, ask him or her for tips and maybe even support. Chances are they'll be flattered and really willing to share advice.

Hint 5

Be accountable. Pick out your goals carefully by deciding what truly interests you. You could ask someone you trust to help keep you accountable. Find a group of like-minded individuals and create a mastermind group. Nevertheless, nothing may take the place of honoring your intentions to yourself. You'll be astonished at how your self-esteem and sense of achievement will increase when you accomplish your goals.

Chapter 4:

Eliminate Roadblocks

Synopsis

If you're feeling exploited, overwhelmed or just plain over it, the following time-management tips may help you maximize your productivity so you're able to achieve more.



Make It Easier

Between answering personal e-mails, IMs and fielding cell phone calls from your children, it may get very difficult to stay centered on the tasks.

Consequently, if you are in the office attempt to center on your work as much as possible. When you're at home, you'll be able to truly deal with your issues without distraction. You'll end up having better quality time in both places.

Differentiating your work duties from home-related ones will let you keep your mind on work if you are there and, you'll stall less, feel less deluged and achieve more.

While it's always good to try to get along with everyone all the time, it's simply not possible to make everyone happy in a workplace ruled by the irrefutable laws of time and space. Learn when to say no.

There are times its right to go beyond the call of duty on the job. For example, if it's a true emergency, then I don't mind staying late or going out on a limb. Yet, that's different from just letting individuals dump their last-minute work on your desk so they can go home early. While you have to do your work, you likewise need to take care of yourself and know your boundaries.

Time spent hunting for files or lost numbers could be used for making progress on your to-do list. Great organizational structure is crucial for any time-management plan.

Spend a couple of minutes at the end of each day answering voicemails, and e-mails. It always helps to be organized and not let messages pile up. It will consistently save you time.

Sticky notes posted on your keyboard may help you recall the most crucial task that need to be done throughout the day. Like voicemail and e-mail, don't let sticky notes pile up. Everybody has their own system for becoming organized.

Any well-constructed to-do list includes some time for unwinding and centering yourself, or you may wind up too stressed out to do anyone any good.

Your entire life must reflect what you are naturally drawn to do. It's crucial to accomplishing your heart's desire. Don't trade one more second of your treasured life energy for anything less than working hard at accomplishing your goals.

Discover your strongest innate abilities that have been with you since birth and utilize them to produce value in an easy and relaxed way! Everything you need to produce your success is already inside you.

Any useful idea that has elevated the life experience of people has come about because individuals would like to avoid having to do difficult work. All our creations throughout history have been produced to make life easier and better.

Difficult work is counter-productive to the direction of growth and life expansion. Difficult work blocks the flow of creative, inspired energy. Difficult work isn't in alignment with the laws of creation. You are made of the same stuff and this natural law applies to you wittingly or unwittingly. You'll never get healthy, wealthy and wise:

- keeping your nose to the grindstone
- pushing something uphill
- working your fingers to the bone
- spending the day with a boss that's never happy

There's an easier, lazy, do nothing way to produce the life you have always wanted. You must engage yourself in what you love. Play with it and have fun.

Play with everything. If it is not fun, and feels like difficult work, you are diminishing your potential for achieving massive success in your life. Align your center and attention to only that which you

love. Then discover partners who love doing the activities you resist doing. If you put it all together, you'll take a quantum jump in your power to produce what you want.



Chapter 5:

What Can Help

Synopsis

Motivation is a disparaged, over-franchised, over-promoted, and misconceived term. The word, 'Motive' is defined as that within the individual, rather than outside, which incites him or her to action; an idea, need, emotion, or organic state that cues to action.

For each one of your goals, make a habit to repeat again and again, "I want to-I can,' 'I want to-I can.' Devise a simple, fresh affirmative self-talk vocabulary about yourself.

Pay attention to whether you're driven to impress others or if you're inspired to get something. (And then lean toward the latter).

A Tool

Motivation is a force, which moves us to action, and it springs from within the individual.

If you get 'butterflies' in your stomach prior to a performance, accept them as butterflies. Butterflies are nice. When they start to eat you, they're like moths. Moths in your stomach are not nice. They induce ulcers. Butterflies are exceptional. Moths? Not so much.

Positive stress, produced by desire, is like a bow pulled taut to move the arrow to the bull's-eye. In a totally tension-free state, you're either comatose or lifeless. What a person truly needs isn't a tensionless state. They need the striving and struggling for a goal that's worthy of him or her.

Often, we mistakenly attempt to get rid of all of our wants and the stress we think they produce. Tragically, it's not the desires that produce the damaging stress, it's the dread and doubt and worry and attachment that brings on the negative stress.

The solution is to hold the bow taut with the tension of our wants and then joyfully celebrate every step of the process as we move toward our goal with flexibility, patience and enthusiasm. Reorienting our relationship to fear is always an exceptional thing.

Those butterflies? Let's learn to smile at them rather than let them evolve into moths that eat us up. Working at techniques to manage

stress is a bit like trying to win the Indy 500 by putting a governor on the motor of your racing car or switching out a powerful V-12 for a V-4 since it provides a 'quieter ride.' You wouldn't do that. Not if you were after the checkered flag. No ace is about to give his opponents an edge and neither should you by relaxing when the pressure's on.

The most readily identifiable persona of a total winner is an attitude of personal optimism and exuberance.

How's your optimism and exuberance?

After years of analyzing learned helplessness, there's information on how we may learn to be more optimistic, and naturally, why we ought to care. For now, know it's big and you're able to do much about it.

Exuberance comes from the Greek and literally means "God within." That's awesome.

When we're on (or "total winners"), we've got the higher power in the house and the world realizes it via the exuberance and motivation that radiates from inside!

Chapter 6:

Tips to Maintain

Synopsis

You're able to dramatically increase the overall quality of your life far faster than you might think possible. All you need is the desire to change, the decision to take action, the discipline to practice the new behaviors you've selected, and the decision to persist until you get the results you want.

Among the most important personal choices you're able to make is to accept pure responsibility for everything you are and everything you'll ever be. This is the first-class turning point in life.



Decide To Change It

The acceptance of personal responsibility is what distinguishes the superior person from the average person. Personal responsibility is one of the strongest traits of leadership and the wellspring of high performance in every person in every situation.

Accepting complete responsibility for your life means that you refuse to make excuses or blame others for anything in your life that you're not pleased about. I want you to take a moment to read the following to yourself. Read it and believe it. Come back to this section daily or even several times a day if needed. This is about making a promise to yourself that you, and you alone, can keep.

I promise to refuse, from this moment onward, to criticize others for any reason.

I promise to refuse to complain about my situation or about what has happened in the past.

I promise to eliminate all of my if-onyms and what-ifs and center instead on what I truly want and where I'm going.

This decision to accept complete responsibility for yourself, your life, and your results, with no excuses, is absolutely essential if you wish to stay motivated. From now on, regardless of what happens, say to yourself, "I'm responsible."

If we want to enjoy life and expand into our highest potential, it's clear we've got to give up our criticizing, blaming, complaining and overall whining and eliminate all the "if-lys and what-ifs". *Starting now.*

Everything is hard before it's easy. You may need to exert enormous discipline to develop new habits of thought and behavior. We all have dysfunctional thoughts that hold us back in areas of our life. However once you have your new positive thoughts and habits firmly locked in, they enable you to accomplish vastly more, with less.

Let's do what has to be done and watch the quality of our lives skyrocket! When you love your life, you love each minute of it. You're truly heedful about misusing or wasting any of the precious moments and hours of every day. Do you love life? Then don't waste time; for that's the stuff life is made of.

We live in endeavors, not years; in ideas not breaths; in feelings, not in figures on a dial. We should count time by heartbeats.

How about you? How highly do you prize yourself?

One way to discover is how you allocate your time. Are you squandering treasured moments and hours of every day? Is it time to cast aside the remote control and spend more time with your better half, your kids, your art, your business plan, your journal, your ...?

It's a treasured resource, this minute, this heartbeat... Let's honor it by using each moment wisely and this in turn will keep you motivated.

Wrapping Up

If you feel the goal seems unachievable, it's because you haven't exposed the fundamental set of patterns and paths that let you achieve it. When you successfully do that, you'll discover that your goals are extremely accessible.

Remember that the earth's most successful people have set huge goals and achieved them as they kept their unwavering vision. When you properly draw up the map relating you to your end destination, all it takes is perseverance before you ultimately achieve your goals. As you go after your goals, remember to savor the journey.

Goal achievement is but one stop; the journey is the longest of the whole procedure. You have to savor your journey.

Recommended Resources

Increase your time management naturally and easily

Safely and effectively increase your time management – works for anyone.

Don't let clutter slow down your business

Face it, your time matters. Don't waste it sifting through clutter. Get yourself organized!

Get organized like a pro!

If you need more help getting organized and want to be organized like a pro, this is your first, and last stop!

Get an unfair advantage

What could you accomplish if your brain fired on all cylinders?

Prepare yourself every morning to have an unfair advantage.

Start Your Own Business, Sixth Edition: The Only Startup Book You'll Ever Need

Enough said!