

The Top 11 Ways to Achieve the Goals You Set for Yourself

1. Set S.M.A.R.T. goals for yourself

S- specific: make them clear and precise

M- measurable: so an outside party could say yes or no if you completed it.

A- achievable: make sure it's reachable

R- responsible: completion must be within your control

T- time sensitive: give your goals a deadline

2. Set reasonable goals for yourself. They can be large goals; just be realistic. Don't set up to miss your goal.

3. Don't make excuses. And if you fail, try another tack, angle, plan or direction.

4. Have a solid plan or strategy for reaching your goal(s).

5. Be willing to make sacrifices to get what you want.

6. Stay 'in action' and don't allow yourself to get sidetracked or to slow down just because things become difficult.

7. Don't blame others for anything. It serves no purpose, it take you out of focus of your goals, and it is a big 'energy drainer'.

8. If you slip at one stage of your goal, re-plan it and start in on it. Do not let much time go by or you will lose your momentum, which can be an important tool in reaching a goal.

9. Be consistent in your vision and in your highest desires.

10. Ask for help from everyone you trust, respect and admire in helping you reach your goals. You'll be surprised at how many willing people are able to help you.

11. Use positive 'self talk' and continue to believe in yourself and in your ability to get where you want to go or to do what you want to get done! Be persistent and keep your mind and heart in your project. "Faint heart never won fair lady."