

How To Set And Achieve Goals

Always remember to focus on the solution to achieving your goals, don't focus on the problems associated with the difficulties you may face along the way. If assess what you want to accomplish and break it down into simpler and smaller goals that don't seem so consuming then you'll begin to see the steps that will allow you to reach your final goal. nnAlways remember that Action, Belief, Consistency and Time are the only 4 factors that determine success. Yes, talent comes into play, but there are many people with far less talent than the best that go much farther in life because of their belief in themselves. If you think about the greatest treasure seeker in the world. They could dig for years because they know they are in the right spot, but if they stop just one inch shy of the treasure....They will never find it. You must never stop, never give up and continue to grow as a person through education and personal growth.nnEverything, typically takes longer than we expect it to take. However, we can shorten that time by setting deadlines for our goals. Our brains are funny little machines. Like a computer, they are extremely powerful, but without exact input of what we want it to do, your brain cannot begin to compute the specific effort in must produce to accomplish the goal. You must be the person who controls your brain and your life. I know that might sound strange, but many people wait their entire life for something to happen. The SECRET, to THE SECRET is that you can't simply think about what you want to happen and expect it to just appear. You need to define specifically what you want to happen and then recognize and seize the opportunities that arise from your manifestation of that desire. n nAsk yourself some specific questions and answer them honestly. What exactly do you want? Break each element of the larger goal into small, measurable steps and keep track of those steps. Keeping track of your progress will motivated you considering you'll see progress. Most times people focus on the larger goal and get overwhelmed thinking they'll never be able to achieve it. But when you break it down into specific measurable steps, you can begin to see things more clearly. If your ambition was to eat a whale, the whole task would seem overwhelming. But you could do it (if you wanted to) one bite at a time. n nThe other element is to understand that YOU are the only person who defines who you are. If you have any doubt that you are the best at what you want to achieve, you will struggle. You need to wake up each day and tell yourself something like "I am the greatest _____ who has ever lived" or "When I _____, people are amazed by my talent" or some other affirmations that will keep your mind believing in your ability to succeed.nnGet Your Free Goal Setting Ebook Here.

About the Author

Thomas Anderson Is A Natural Born Motivator. His Blog Is Dedicated To Helping People Break Through Their Self Imposed Limitations. You Can Learn More About [How To Set And Achieve Goals](#) By Visiting His Blog.

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