

## Goal Setting For A Lifetime Of Success

Almost every top level athlete, business person, or over achiever knows the basics of goal setting. Most will tell you it is one of their most valuable assets. It motivates them in both the short term and the long term. Goals help them, and can help you, focus on organization, planning and motivation which in turn allows them to get the most out of their lives.

Set clearly defined goals both short term and long term that will help you to measure your progress. Keeping track of your progress will also allow you to see your achievements step by step. Without this you may feel as though you are on a long and pointless journey towards a distant unclear goal. Breaking long term goals into shorter easily achievable goals will boost your self-confidence and give you more motivation to reach your longer term goals.

Basic goal setting requires that you determine what you really want to accomplish in your personal and professional life. These are your long term goals. Once you've determined that it is usually relatively easy to figure out what you need to do to get there. These are your short term goals. Of course some goals will fall in between long and short term as well. Continue breaking down your goals into smaller and smaller components until you have a list of very achievable short term goals. Once you have this list then you can tackle them straight away.

List your goals chronologically so that each day, week, or month you will have defined goals to attain. Otherwise you may end up with too many goals to try and tackle at one time. Be patient. You will make progress faster than you think. As you finish some of the smaller goals you set for yourself you will gain more confidence in your ability to achieve your long term goals.

Remember, your attitude plays a large part in your success. Do you have beliefs that may hinder your progress toward your goals? If so, you need to identify them and work on changing them so that they are not a roadblock to your success. Start with a positive attitude and reward yourself as you accomplish your shorter term goals. The positive reinforcement will motivate you to continue moving forward.

You should have long term goals for ten to twenty years in the future. These can obviously be broken down into shorter term goals. Create education based goals as well as career, financial, and personal life goals. Don't forget to create recreational goals as well. Places you want to visit or activities you want to learn or engage in. Not every goal has to be finance related. And, perhaps most important, are your health related goals. These are lifelong goals. If you are not healthy then what good is excelling at your professional or personal life?

Make a habit of reviewing your goals regularly. your perspectives on life can change over time and you'll want to modify your goals to match your desires. So, the basics of goal setting are actually very simple. It's just a matter of spending the time and effort required to create them, break them down and start working on them. Once you get started you'll likely never look back, but if you do you'll see that you've achieved more than you thought possible.

### About the Author

Jay Todd runs many health related websites one of which is [Saw Palmetto](#)

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