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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**8 Step Basic Goal Achievement Theory**

**By Gordon Bryan**

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Over the years, I have had many people say to me that although I keep harping on about the magical power of goal achievement theory, they don't know quite what it is I'm referring to.

Although they can see the results it has brought for me, and the sense of well being that goes along with it, I haven't explained the theory to them in a way that they can easily sum up.

I think this is because it is so ingrained in me, that I assume everyone understands it.

That's a mistake on my part, so here goes, the 8-part theory of goal achievement.

**1. Define your goal.**

It may be a new car, house, a certain amount of money, a job, whatever. Define it as precisely as possible.

**2. Visualize.**

You need to visualize the goal coming true. Picture yourself after the goal has come true.

**3. Write the goals down.**

Write the goals on a little card, and look at it often throughout the day, certainly morning and night, preferably repeating them out loud.

**4. Believe it will happen.**

If you doubt you goals, they won't happen, because you are admitting defeat.

You also need to believe that you are worthy of the goal.

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### 5. Gain the knowledge.

Find out what other people did to achieve the same goal.

It is highly unlikely that you are the first.

There will be many different routes, and the knowledge is there.

### 6. Work out a plan.

Look at where you are now, look at where you want to be, and work backwards, step by step, until you can see what the first step is, that you need to take to get to your goal.

### 7. Take the first step.

This is often the hardest of all the steps, but can be the most powerful, unleashing amazing energies, both within you, and around you.

### 8. Keep going.

Once the initial enthusiasm wears off, once the going gets tough, keep going! No-one said it was easy!

This is where you find out if you are really prepared to pay the price or not.

That's it!

Simple. Eh?

No, of course not, but the theory *is* simple, yes.

All the steps need to be followed, you can't miss any of them, but if you follow them, believe me, the world is your oyster!

\*\*\*\*\*Gordon Bryan's new book, 'Transform Your Life in 21 Days!has been described as 'a must read', 'awesome', and 'a true gem'.If you liked this article, see the book for yourself at:<http://www.transformyourlifefor.com>\*\*\*\*\*

## **How to choose the right goals to focus on.**

**By Christos Varsamis**

### **How to choose the right goals to focus on. by Christos Varsamis**

Sometimes setting goals alone is not the only problem that you must face. Sometimes, choosing the right goals to begin with is harder.

Basically, you can choose to work any goal that you feel is necessary for your health, stability and happiness.

Goal setting is nothing more than a formal process for personal planning. By setting goals on a routine basis you decide what you want to achieve, and then move in a step-by-step manner towards the

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achievement of these goals.

The process of setting goals and targets allows you to choose where you want to go in life. By knowing exactly what you want to achieve, you know what you have to concentrate on to do it. You also know what nothing more than a distraction is.

Goal setting is a standard technique used by professional athletes, successful business people and high achievers in all fields. It gives you long term vision and provides you with short term motivation. It helps to focus your attention and knowledge which helps you to organize your resources. By setting sharp and clearly defined goals, you can measure and take pride in the achievement of those goals.

You can see forward progress in what might previously have seemed a long pointless effort.

By setting goals, you will also raise your self confidence, as you recognize your and ability to meet the goals that you have set. The process of achieving goals and seeing this achievement gives you confidence that you will be able to achieve higher and more difficult goals later on.

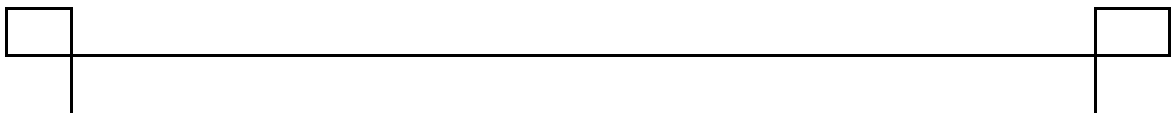
Goals are set on a number of different levels. In the first place, you decide what you want to do with your life and what large scale goals you want to achieve.

Second, you break these down into the smaller aims that you must hit so that you reach your overall lifetime goals. Finally, once you have your plan, you start working towards achieving it.

Christos Varsamis is the creator and publisher of the <http://www.settinglifegoals.com>



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