

A Goal Without A Schedule is Just a Dream

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There are many books, publications, speakers, and motivators that make money preaching the steps to success. Some are right on the mark, others have so little logic that they nearly exist on an ethereal plane. However, almost all resources that teach success, focus on the importance of setting goals. Even more importantly, they focus on the steps necessary to achieve a goal. From landing on the moon to running the four minute mile. All started out as goals, and found the resources and schedules necessary to achieve success.

When setting a goal, it is important to realize that the goal must be achievable and quantifiable. Merely stating that you want to lose weight is not a goal. It must be quantifiable and have a date associated with it. The goal, "I will lose ten pounds by May eleventh" would be an example of an appropriate, quantifiable, and achievable goal.

The reason that the quantity and time are necessary are to solidify the schedule and steps necessary to achieve the goal in the time allotted. If you say you will lose weight, but do not set a date, then you may remain the same weight for years without any progress. By setting the date, you at least imply that there is a schedule, and a number of steps necessary to achieve your final goal.

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After setting your goal, list out the steps necessary to achieve results. Back schedule them to fit within the time you have available. Set small achievable increments that will allow you to work up to your accomplishment. Put together a schedule that will allow you to achieve your goal. Evaluate the schedule, and the resources that you will need to accomplish your desire.

Evaluate the schedule that you have put together. Make sure that it is reasonable, and that you will commit yourself to following it. Determine if you have the resources that you need available, and what other resources you will need to make the final accomplishment. Finally, commit yourself to accomplishing that goal, and set

yourself to work.

Do not procrastinate, you are on a tight schedule. Do not vary from your underlying vision. Do however write your goals down and review them often. As time and results change, periodically update both your ultimate goal and your schedule. By focusing on the steps necessary to reach your ultimate goal, and being cognizant of your schedule, you will achieve all of your desires.

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Making Changes in Your Personal Life

By Kate Hufstetler

Making changes in your personal life can be a tough process. Change starts with a thought. It cannot begin without one. However, what we think and dream is not always what those around us choose to envision for us.

Why do I bring this up? Because I know first hand that when people try to make changes there are often nay-sayers hanging around. There will always be people expressing their negative responses as

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reasons why you can't do something that you dream. BUT this is never a reason to not try!

Here are some questions to ask yourself— and hold dearly to!!! :

What is my new goal?

Why do I want this?

How will it alter my life for the better?

How will it benefit those around me?

How will I become a better person through this change?

Is that a result I desire?

Is this goal attainable?

Is this goal reasonable?

How can this goal be broken down into tiny steps?

Can I accomplish the first of these steps?

Is that a reasonable thing to choose to do?

Am I hurting anyone in this process (directly or indirectly)?

You never need to turn the power of your life over to another human being. You are created to be a unique individual. You were not put here to fulfill anyone else's plans, dreams, or goals. No one has the right to design your life - unless you turn over and abdicate your own power to another person.

Dare to dream.

Risk to follow the dream.

And find your true authentic self along the way.

Until next time – all the best,

Kate

Kate Hufstetler is a well established business & personal coach who has helped many individuals like yourself to beat "the blues" and gain control over their lives. Her clients come from both the United States and overseas. She offers coaching services via email and phone consultations at flexible timing

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and financing to meet your every need. Through personal, business, spiritual mentorship, she could help you too! Please visit for available packages within your range:

Making Changes in Your Personal Life
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