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Easy Way to Achieve Your Goals

By Cyndi Smasal

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Thanks,
Cyndi Smasal

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Cyndi Smasal
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What accomplishments do you take the most pride in?

My favorite feeling is accomplishment. Is there anything better than thinking, "I'm finished – mission accomplished"? Think back to the accomplishments in which you take the most pride.

What did you accomplish? How did you accomplish it? What did you do specifically to accomplish it? What strengths did you use? What steps did you follow? What did you get out of the accomplishment?

When you take time to reflect on your past accomplishments, you learn from what went right. The lessons learned will help you achieve your future goals.

Easy Way to Achieve Your Goals

Now think ahead to the goals you still have.

What do you specifically want to accomplish in the future?

How will you know when you've accomplished it?

Is this a realistic and achievable goal or is it far fetched?

How does this goal relate to your lifetime goals?

By when do you want to achieve this goal?

What will achieving this goal do for you?

What steps do you need to take to achieve it?

Here are 5 reasons to go back and write down the answers to those questions.

1) Goals that are written down are more likely to be achieved than unstated goals.

2) Knowing what you specifically want to accomplish by when, gives you the energy and motivation to start working toward the goal.

3) Acknowledging what you will get when you achieve this goal pulls you into action.

4) Stating action steps helps you plan out how you will go about achieving your goal.

5) You'll never leave where you are until you chart a course to where you'd rather be.

Now go back and write down the answers to those questions.

The easy way to achieve your goals is to learn from your past accomplishments and write down your future goals in such a way that they help you achieve them.

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Cyndi Smasal: Jump–Start Coach & Inspirational Speaker
Gives focused one–on–one Coaching to people who want to achieve their goals in 90 days or less.
<http://www.JumpStartCoach.com>
Send email to <mailto:csmasal@CyndiSmasal.com> for a FREE 30–minute Jump–Start Coaching session.
Ph:512/842/1111

Cyndi Smasal is a "Jump–Start" Coach and Inspirational Speaker who inspires people to manifest their dream. She has a Bachelor's Degree in Computer Science, 15 years start–up experience and specializes in working with entrepreneurs who want to start, focus, or expand their business without giving up their life. Send e–mail to <mailto:csmasal@cyndismasal.com> for a FREE Coaching Session or visit <http://www.JumpStartCoach.com> for more information.

3 Tips to Achieve Your Writing Goals

By Shery Ma Belle Arrieta–Russ

1. Make your goals achievable.

By achievable, we mean realistic and attainable. You might unconsciously have set a goal even others will have a hard time achieving, even if they had the means and the time to do so.

Here's what you can do: break down your goals into small, realistic goals set against reasonable time frames. Oftentimes, you'll achieve your bigger goals if you work on achieving the smaller goals leading to those. The important thing is making your goals as realistic and as achievable as you can.

2. Devise a feasible plan.

You know what you want, but do you know how to get what you want? Do you need technical or artistic training to achieve your goals? Or perhaps further studies? Do you have a set plan of action that will lead to the achievement of your goals? What things, both tangible and intangible, do you need to aid you in reaching your goals?

Take a moment to sit down and list the things you need and make your action plan. This is a good time to break them down into small, realistic goals and then tackle them one day at a time!

3. Resist spreading yourself too thinly.

Sometimes, it's better to work on one goal at a time, rather than doing and shooting for so many all at the same time. Work on so many goals at one given time and you'll find out you're nowhere near achieving even one goal. You won't be able to focus your full energy on one goal.

Prioritize your goals and start with either your top priority or your most realistic goal. You'll discover you're able to do more and achieve more using this approach.

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Shery is the creator of WriteSparks! – a software that generates over 10 *million* Story Sparkers for Writers. Download WriteSparks! Lite for free –

3 Tips to Achieve Your Writing Goals

Easy Way to Achieve Your Goals

How to choose the right goals to focus on.
New Year Goals
Setting Achievable Goals For Success
The Magic of Writing Goals in your life!

Success Secrets
One Million a Year
How to become a Chef!
Time Stretching Tips
GUERRILLA MARKETING Volume 1



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Impair Healthy Healing In People Over The Age Of 30!