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**Goals Only Work When You Do**

**By Rhoberta Shaler**

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Goal setting seems to be a perennially hot topic! Could it be that you hear and read about it so often because its a subject that is easy to know about and difficult to practice?

It would be very surprising to find an adult in the work force who has not heard about goal setting. A Harvard study of their graduates over thirty years found that there were only a small percentage (3%) of them who actually wrote down their goals--and these were the most successful! You can be certain that every one of those students had repeatedly heard the value of goal setting. Yet only 3% actually wrote down their goals consistently. Imagine what you can do if you both write down your goals and, then, focus on them every day, every week, until they are accomplished!

What is it the causes the "New Year's Resolution Syndrome"? You probably know the one. People make resolutions, work hard at them for a few weeks, maybe even a few months, and then forget them. Next year, they make the same New Year's Resolutions. That is the syndrome. It is self-defeating and self-sabotaging. So, why do so many people do it?

They may be making goals that are too global, too extensive, too unrealistic for the time frame, body type or current finances. That is not to say that they are not worthy goals. They need to be broken apart into smaller, more specific, attainable pieces. The elephant analogy is still the best one I know of to illustrate good goal setting. You probably know it. "How do you eat an elephant? One spoonful at a time." So it is

## Goals Only Work When You Do

with goals. Make spoon size goals and accomplish them. One you've mastered those, get a bigger spoon!

You may have too many people in your life who consciously or subconsciously are unwilling or unable to support you to reach your goals. Everyone has a 'personal tribe' - their friends, families, colleagues. You have created agreement among your tribe members that you are a certain way, or you do certain things. They are comfortable with you as long as you are and do those things. They may even be enthusiastic about your desire to change something or accomplish something new. Just know that, as you change and accomplish, they may not like it. They may even

go so far as to put you down in small ways or make light of your accomplishments. Do you know why? It is usually because your changes remind them, on some levels, that they could be doing it, too...and they aren't!

Surround yourself with people who want you to have what you want for yourself. Be mutually supportive and you'll all achieve your highest goals.

You may have filled your schedule with so many things that there is little room for your goals to grow. We must be careful not to confuse busyness with progress. Be selective about how you use your time and what you focus on. Success often comes when you know what to leave out, rather than what to include in your life. Notice, too, how much time you spend on trivia. It has a nasty way of taking your attention from what you say you want to focus on, doesn't it? Have you ever just "had" to clean your office before you could begin your project? Then you know how this works!

Goal setting is like the pig and chicken who were out for a walk in town early one morning. The chicken became really excited when she saw a sign that said "Ham & Eggs, \$2.99". She said to the pig, "Look, we've got double billing again." The pig grunted and said, "That's all right for you to say. For you, it's all in a day's work. For me, it's total commitment." Goal setting is all in a day's work. Goal achievement is total commitment.

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on [www.wsRadio.ws](http://www.wsRadio.ws). Author of OPTIMIZE Your Day! Practical Wisdom for

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## **Keep Your Goals Clearly In Mind**

**By Josh Hinds**

Keep Your Goals Fresh In Your Mind – Most of us have goals, the question is how many of us actually follow-up and work those goals.

What I mean is going a step further then actually recording your goals, with that said the question is how do we effectively work our goals list...

Here are a few techniques that work for me, hopefully you can adapt these to work for you. Add daily, weekly and monthly tasks to your overall goals. Make these tasks achievable yet enough to stretch you at the same time. The objective of achieving our goals is as much as what it makes of us to reach them, as it is what we actually get in reaching them. The main idea is that with each accomplished task, it's taking you closer to your overall dream.

Equally important is to take evaluation of your progress along the way. Review your goals at least once a week, or at least once a month! It is the old out of mind, out of sight saying. Don't fall victim to it. Keep your goals fresh in your mind. If you can review your goals each day you're that much better off. It really is about keeping our objectives fresh in our minds... To your success, Josh Hinds

By Josh Hinds – Founder

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