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**How Do I Achieve My Goals?**

**By Matt Russ**

**How Do I Achieve My Goals? by Matt Russ**

I have enjoyed my career for many years now and have had the opportunity to work with and know hundreds of wonderful people. I have trained, coached, and counseled teenagers and golden agers, athletes and career couch potatoes. Over these years I have modified and improved my techniques and approaches, and tried to stay abreast of the latest techniques and methods in the field, and I will continue to do so. But most of the wisdom I have gained has come from observing human behavior and how people modify it. I have seen all types of people accomplish great things; perhaps more than they ever thought possible. I wish I could say that everyone I trained has achieved exactly what they desired and more, but the truth is not everybody has. The following are a few observations I have come to over my training career. I hope you can draw from these characteristics that have helped my clients be successful in achieving what they set out to do.

Success starts between your ears. The barriers you are facing are largely psychological. We will come up with techniques to modify your behaviors, habits, and hardest of all lifestyles. We must outline your triggers and mechanism that start unhealthy behaviors and learn to counteract and overcome them. Very few people have actual physical impairments that prevent them from exercising, and most can be overcome. Think and act positively.

Consider yourself an athlete. The only difference between an athlete and anyone else seeking to achieve their goals is that athletes compete formally. Athletes are focused, driven, and goal oriented. They will do exactly what it takes to win. They learn from each and every set back, and overcome adversity. They sacrifice. Athletes (and coaches) plan and analyze. Attain this same mindset and you will achieve success.

Outline and Plan. I will help draw the map, you have to make the journey. I require regular information on your eating habits, exercise duration, intensity, heart rate, medical data, etc.. The more specific input you give me, the more accurate and efficient the plan. Know this; when I stop getting the data I require, you are more than likely not sticking to the program. I realize it is cumbersome at times, but recording is crucial to your success. It is important to be structured and accountable, not just to me, but more importantly to yourself.

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Objectives and Goals, Goals and Objectives. Daily, weekly, monthly, we will set little objectives that lead to big goals. Every work out, every meal can be building block, an objective that will add up in the long run. If you do not set objectives and goals there is nothing to accomplish and nothing to work towards. You have to set your own goals and objectives, but the first one always has to be making your health a priority; without it you have nothing!

Do not wait for divine intervention. I often hear "I am waiting to get motivated." Motivation is internal and comes from accomplishment and achievement. Inspiration is gained from others, and is external. Look for sources of inspiration, use them to achieve your goals, and then you will earn your motivation.

Do not say "I can't." Try, you can, I know it, I have seen it done many times, end of story. Eliminate

negative self-talk, it gets you no where and ticks me off. I have no patients for self-loathing or self-criticism, because it is destructive and wastes our time.

There are no free lunches. If it is easy and quick it is probably does not work and may be unsafe. Few things in life worth having are easy, fitness and health is no exception. It takes discipline, work, deferred gratification, and time, but the payoff is huge.

Your victories and defeats are your own, I am only pleased to help you and support you.

Matt Russ has coached and trained athletes around the country and internationally. He currently holds licenses by USAT, USATF, and is an Expert level USAC coach. Matt has coached athletes for CTS (Carmichael Training Systems), is an Ultrafit Associate. Visit [www.thesportfactory.com](http://www.thesportfactory.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

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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

How to choose the right goals to focus on.

Easy Way to Achieve Your Goals

New Year Goals

Setting Achievable Goals For Success

Success Secrets

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