

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**How to Achieve Your Goals**

**By Ja-Naé Duane**

**How to Achieve Your Goals by Ja-Naé Duane**

How to Achieve your goals

By Ja-Naé Duane and [Http://www.Ja-Nae.com](http://www.Ja-Nae.com)

We all have a goal that we are trying to achieve. It doesn't matter if you are a runner or a musician; there is always something that you would like to have. Well, though I wish that fairy godmothers were real.....they're not. It's our responsibility to go out and obtain our own wishes and desires. Of course, nothing will ever be accomplished without perseverance and self discipline.

I can not begin to count the times I've heard, "Yea, I'm in a band. We're practicing and stuff, but we can't seem to really get any gigs or get a break." Of course, I immediately start asking them how hard they have been trying and what tactics they've used. A few months after, I'll ask how everything is going with their project. Most of the time, either nothing has been done or they have been banging their heads against the wall with the same angle. At this point, I give up on them.

If you want something, here are just a few helpful hints:

- 1)Make sure all your eggs are lined in a row
- 2)GO AND GET IT
- 3)Be persistent
- 4)Be creative: When one angle doesn't work, try another angle
- 5)Be disciplined
- 6)Know when to give up

Make sure all your eggs are lined in a row

I can't seem to stress this enough: NO ONE WILL DO THINGS FOR YOU. I have a friend who is extremely talented in graphic design, yet he feels like the world owes him everything. Since he is still in school, there are some skills that he still needs to fine tune, yet he does not see that. He thinks that he should be given a job because he has raw talent. So, instead of working on what his weaknesses are, he keeps getting angry that no one will hire him. People want a polished product. So, do a self-inventory of yourself every six months. Ask yourself these questions:

## How to Achieve Your Goals

- 1) What are my strengths?
- 2) What are my weaknesses?
- 3) What do I need to do to work on my weaknesses?

Once you have self-evaluated, you can prioritize what needs to be worked on first and so on. This way you have a structure in which you can follow. The preparation for achieving your goal is half the work. Don't sell it short, or you might end up at square one again.

### Go and get it

My father used to give me some great advice, "If you want something....examine what it is and the things you need to get it. Once everything is ready, just go get it, because no one will get it for you." How true that statement is. Everyone has their own agendas and is looking out for themselves. Occasionally you will find people who are willing to help you, but they want to see that what they're

investing in is the real deal. So make sure that you are the real deal. No one will give you the time of day if you haven't proven to them that you are a go-getter and are willing to struggle to make things happen. If you want something, go get it. And if people are so inclined to help you, then it is an extra benefit.

### Be Persistent

Once you are prepared to go out and achieve your goal.....just do it. But be persistent in doing it. In my early college days I was a tour coordinator for children's tours. It was a job that seemed interesting, would pay the bills, and be flexible around my classes. When I interviewed for the job and the woman told me that she would call in about a week. I waited that week, but when I hadn't heard from her, I decided to give her a call. She said that they hadn't made a decision yet. So, I waited two days and then called again. She told me to call back in a day or two. So, I called late the next day. I was hired over the phone. She then proceeded to tell me that though my resume did not stand out from any of the other candidates, my persistence and passion to have this job was exactly what they were looking for.

Now, there is a difference between being persistent and being annoying. If you are a candidate for a job, you want to show your eagerness without being overzealous about it. So, don't call every day, but every other day. This allows for you to be in the forefront of people's minds, which will increase your chances of getting whatever you want or need from them.

### Be creative: When one angle doesn't work, try another angle

Being persistent is one thing, but being persistent while using a plethora of tactics is another. Sometimes one approach to something isn't enough. You have to try something new and innovative to help you get what you want. Get creative with it and start thinking outside the box. [www.creativethink.com](http://www.creativethink.com) is one of my favorite websites whenever I need to get the creative juices flowing. It helps me realize that there are no limitations on the angles I can approach my goal from. The only limitations are the ones I set and nothing else.

A good thing to keep in mind while looking for angles is how will people benefit from your product? This is particularly true if you're trying to solicit something from someone. They have their own best interests in mind first, so they want to know how you will help them. A friend of mine used to send postcards to

## How to Achieve Your Goals

bars that said, "I want to help you sell liquor." Of course his band got the gig! So, start thinking of ways that others can benefit from you.

### Be disciplined

Discipline can be an art form.....and it needs to be an art form that you learn to master.

No one is going to keep you motivated but yourself.....so find ways to keep yourself that way. Some people like motivational signs around their desk, some people have their friends and family hounding them....you decide what is right for you.

What you must have is a to-do list. You are a business and your goal is a part of that business. Make a monthly and a daily to-do list that will lay stepping stones towards achieving your goal. If the goal is an extremely large one (like the advancement of your career), then make sure that you also have a yearly timeline. Life is a progression and so is everything within life. So, create a progression for your goal. The more steps you take towards the goal, the more likely you'll achieve it.

### Know when to give up

When do you give up your goal? The answer is never. But if you're having trouble achieving your goal,

depending on what that goal may be, you may have to alter it. Or just take a breather, step back for a while and reevaluate the goal. Is it a feasible goal for you? If not, why? By stepping back you're allowing yourself to have a more outside perspective on the situation. This outside perspective could help you see where you went wrong or to what stepping stone you need to go back to. Sometimes when we are so involved in something, we are too close to realize that we missed a step. Know yourself and know what you need.

### Goals

Anything is achievable with the right preparation and the right frame of mind. Through perseverance and self-discipline you can discover that you are closer to your goal than you think. It just takes one step at a time.

---

Up and Coming Renaissance woman, founder of the National Artistic Effort, social activist, and expert self-promoter, Ja-Naé Duane, is taking the world by storm.....one gig at a time.

Check out: <http://www.Ja-Nae.com>

Hear Ja-Naé: [http://www.mp3.com/Ja\\_Na\\_\\_Duane](http://www.mp3.com/Ja_Na__Duane)

Buy Ja-Naé Merchandise: <http://www.cafepress.com/janaeduane>

Join her mailing list!: [Ja-Nae@yahoogroups.com](mailto:Ja-Nae@yahoogroups.com)

For more information on the National Artistic

Effort, please go to: <http://www.us.geocities.com/elektra1313/index.html>

### REPRINT PERMISSION

Would you like to run some of the content from this article on your web site or in your e-zine? You may do so for free as long as you add the following credit:

"Reprinted from Ja-Naé Duane's Newsletter, featuring Ja-Naé's up-coming gigs and projects; and focusing on free self-promotion ideas; and free self-actualizing hints. Visit [www.Ja-Nae.com](http://www.Ja-Nae.com) for free details."

---

Ja-Naé Duane's Articles are published by Ja-Naé Duane  
E-mail: [nae@Ja-Nae.com](mailto:nae@Ja-Nae.com)  
<http://www.Ja-Nae.com/>  
(c) 2003 by Ja-Naé Duane – All Rights Reserved

---

Up and Coming Renaissance woman, founder of the National Artistic Effort, social activist, and expert self-promoter, Ja-Naé Duane, is taking the world by storm.....one gig at a time. Check out: <http://www.Ja-Nae.com>

### **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

## How to Achieve Your Goals

you're able to do more and achieve more using this approach.

Copyright © 2004 Shery Ma Belle Arrieta–Russ

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

One Million a Year

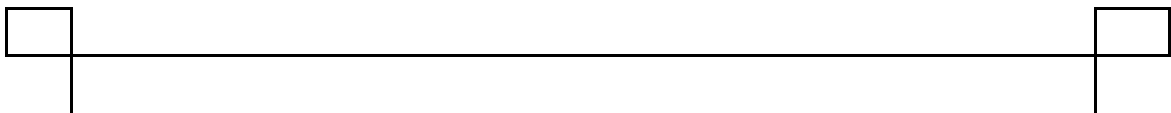
How to become a Chef!

Time Stretching Tips

GUERRILLA MARKETING Volume 1



**This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural–Aging.com).**



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