

One Hundred Goals? YES! One Hundred Goals!

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By Julie Jordan Scott

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Was this speaker stark raving mad? One hundred goals? He thought I could come up with 100 goals for my life?

The speaker, Mark Victor Hansen, compiled the hugely successful Chicken Soup for the Soul series of books with Co-Author Jack Canfield. He challenged the assembled throng at the Women's Business Conference to brainstorm 100 life goals.

Further, he encouraged us to work with a partner with whom we would swap lists. Together we would encourage each other to develop our list. We would hold each other accountable. We would help each other eventually reach these 100 life goals.

Seeing that he was where he was, and I was where I was, I decided to take his advice! How many best sellers does Mark Victor Hansen have anyway? Exactly my point! He was a best selling writer, highly paid motivational speaker, darn good dresser too! And me? I was an employee of local government who read a lot of inspiring books. The kids in my Sunday School class were motivated by my speaking. That was certainly worth something. My wardrobe? Usually bought on sale, or at the end of the season on clearance.

If Mark Victor Hansen got where he was by writing 100 goals? Then I figured it would not hurt to try! My co-worker and I buddied up to walk together through the process.

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The next day I sat at my keyboard. At first I thought I would have difficulty in thinking up goals. Soon, though, I was on a roll. My goals were as diverse as "Have lunch with a friend one time weekly" to "Host a radio talk show" to "travel to Europe".

I approached my co-worker to share my list with her. I also wanted to do my part as her buddy. I knew I needed to encourage her to write her own 100 goals. She read through my list, saying "Great! Oh, and you wrote 'Learn French twice!' ". With that, she went back to the tasks on her desk.

"Ummmmm.....how is your list coming, buddy?" I tried to sound as positive as I could on this one. Never sound accusatory towards your buddy, I thought

She looked out her window and replied, "My 100 goals are to get up tomorrow and the next 100 days!" She laughed at her humor. Me? I didn't understand.

Then again, her dream in 5 years is to still be working in local government. Perfectly respectable. Nothing at all wrong with that goal.

It is just not something that I could be particularly passionate about. Not something that I would be especially inspired by.

So where does that leave you, today?

Can you think of your 100 goals? Where would you like to be in 5 years? If you had a magic wand and your life could look like anything, what would I see when looking at you? What would it feel like to live that ideal life? What would others think of your life? Would you inspire people? Annoy people? Learn from people?

In other words, what do you really want to do with your life?

Start slow if you think you can not possibly think of 100 goals. Take out a piece of paper or open a new document on your word processor. Go for ten goals at first. No set order of preference, just let your mind go. Let the ideas and thoughts flow.

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You may find you need to write more than ten goals as your ideas start moving less like a trickle and more like a deluge. If you run into a roadblock? Stop working. Walk away. Save the goals you have written. Promise yourself that you will come back later.

And then do exactly that! Come back later. Challenge yourself to finish your list of 100 goals.

Finally, find someone with whom to share your goals. A buddy to encourage you as you grow. Do you have anyone who would encourage this kind of challenge? If not, ask around or look for a group on line that discusses goal setting.

When I first wrote this article, I was still working as a

government employee. I have gratefully been an entrepreneur, coach and writer full time since November, 1999. As for me, I am on my way to reaching more and more of my 100 goals. I spend my hours caring for my precious babies (one goal was to have another baby, who is now 4! This May I was blessed with another baby, my first son). Just this past week I bought four new website domains to add to my main website, www.5passions.com. It is all about Living a Passion Filled Life. My second book is about to hit the market.

"I have not yet made reservations for a European Trip, nor have I hosted a Talk Radio program, but listen to your local station. You just never can be sure." Were the words I wrote back in 1998. In fact, that needs to be updated. In January I begin hosting my own radio show, so now I will have to say, listen for when my show hits syndication!

100 Goals? YES! 100 goals!

100 Goals. A method for uncovering what you really want. 100 Goals. A way to find out what is stored in your heart. 100 Goals. The beginning of your future. 100 Goals!

Julie Jordan Scott is a Personal Success Coach who left her career as a government bureaucrat and built a successful business in less than six months. Visit <http://www.5passions.com> for free resources for YOUR success Email her at <mailto:julie@5passions.com> or call 661.325.4116

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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