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

**Reaching Your Dreams Part 1 – Goal Setting**

**By Kara Kelso**

**Reaching Your Dreams Part 1 – Goal Setting by Kara Kelso**

What is a goal? The dictionary defines it as "the place at which a race or a journey is to end". So why set a goal? Well if you don't know where you are going, how can you plan a way to get there?

The first and most important step is discovering what you want the end result to be. Where do you see yourself in a year, five years, or even ten years? Set specific goals, not general ones. If you want to make more money, specify in your goals how much.

The next step is making smaller goals. In order to reach your main goal, where do you need to be in the next month? How about in the next week? Write it down!

After you have your goals in place, be sure to put them in a place where you can see them daily. Dry erase boards work perfect. Write all your short term and long term goals on them, along with your "To-Do" list. (explained in part 2).

What are you waiting for? Set those goals!

About the author: Kara Kelso is a work at home mom of two, and the co-owner of MHMM Ezine, which is an informational newsletter just for moms in business. Recieve business tips, parenting tips, and more when you subscribe at: <http://www.momsezine.com/mhmm.html>

**The Kaizen of Goal Setting**

**By Ke o agile**

There is an old way of goal setting and a new way of goal setting!

The old way of goal-setting involved setting yor goals, preparing a list of sub-goals, and then carefully checking them off one after another (as and when they were being accomplished). Am I trying o pour

cold water on the goal setting method many of us grew up on?

Not necessarily

While I am not saying the step-by-step approach does not work, I am advocating a flexible-goal setting approach.

The flexible goal-setting approach acknowledges the presence of chaos and unpredictability of our modern times, where change is rapid and conditions shift in an instant.

What's more, a tiny weeny change nowadays has the potential to create major upsets and instability.

Enter the flexible goal-setting system. And, this is how it operates.

Set big-picture, life-enhancing goals with flexible sub-goals that you can adjust to fit in with shifting conditions. The simplest way of putting this into practice is to build into your goal-setting, daily incremental steps that aggregate into your vision. Add to this sub-goal A, sub-goal B, sub-goal C, maybe sub-goal D.

Remember, each sub-goal must be flexible enough to respond adequately to the requirements of the shifting conditions.

You don't want to throw your hands in the air in desperation because your plans and goals have been derailed, do you?

Well, the 'Kaizen of Goal Setting' is about knowing the difference between the old and the new, and applying it to your goal setting.

Ke o agile is an NLP Coach and Publisher of In TheZone, an NLP focused ezine for capacity builders in the personal and professional skills development areas. In TheZone can be accessed freely at

The Kaizen of Goal Setting

The Future: Help is Available

Going The Extra Mile

The 12 Commandments of Goal Setting

I Know I Can, I Know I Can

Stress The Silent Killer

Success Secrets

One Million a Year

Software Empire

Key Secrets to Setting Up Your Own Automatic \$ Making Machine!



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