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SETTING GOALS – Part 1

By Craig Lock

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Oh no, not another article on goalsetting!

'There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants and a burning desire to possess it.'

– Napoleon Hill (author of the classic book, 'Think and Grow Rich')

'Nothing happens, no forward steps are taken until a goal is established.'

– David J. Schwarz (author of 'The Magic of Thinking Big' – an excellent book by the way!)

' Your life is controlled by your thoughts. Your thoughts are controlled by your goals.'

– Earl Nightingale

' When we have no personal goal which we are interested in, and which means something to us, we are apt to go round in circles.'

– psychologist Maxwell Maltz

'The key to peak performance is not potential or skill, but motivation and dedication....having clear performance goals and putting in the training effort to achieve them.'

– Dr Sven Hansen '

I would like to repeat the critical importance of committing your plan to writing. It cannot be over-emphasised!

– Paul J. Meyer of Success Motivation Institute

'Learn how to set your goals:

- a. Write down your goals
- b. Give yourself a deadline
- c. Set your standards high.'

– Napoleon Hill and W. Clement Stone (co-authors)

UNDERSTANDING GOALS

Setting goals is the first step towards ACTION. They get you into motion. The energy of motivation should be harnessed by being transformed into clear goals and a clear PLAN to achieve them. Goals are dreams which come true

...and they are far easier to achieve once they are focussed.

Goals therefore help to fulfil one's PURPOSE in life by giving expression to your core inner values, the 'real YOU'.

Psychologists have found that helping people to develop personal goals has proved to be the most effective way to help them cope with personal problems by:

1. Crystallising one's purpose in life – through adding meaning .
2. Helping make difficult decisions.
3. Giving direction to your life and keeping you on track by concentration.
4. Resolving conflict
5. Building confidence and
6. Adding to your self respect (or sense of value = self worth)

The power of imagination in goal setting comes from having BIG HOPES AND DREAMS. I believe too often we underestimate our capabilities. Use the amazing power of your CREATIVE IMAGINATION to think what you REALLY WANT OUT OF LIFE.. Then visualise your dreams actually coming to pass.

Albert Einstein once said, "Imagination is more powerful than knowledge".

Very true, as I believe the human imagination is our greatest asset. Thoreau once wrote these beautiful words:

'If one advances confidently in the direction of his dreams and endeavours to live the life which he* has imagined, he will meet with a success unexpected.'

(Sorry ladies!) *

* Only joking – you can have dreams too and achieve them even better than us "mere males"

(and please don't beat up " Mr un- PC" Thoreau for

neglecting you).

'Be true to your ideals, no matter what may happen now.
Then things will take a turn and the very things you wanted
to happen will happen.'

– anon

That one has just inspired me as I write this.

*

Summary:

Set realistic, yet achievable goals. Ones that stretch you...
because we are all different, what is achievable for one
person might not be so easy for another. Also, because
we are all unique creations with different hopes, desires,

aspirations and dreams, what goal is important to you may
be totally inappropriate for another individual's life direction.
I believe setting goals is vitally important in achieving what
we want out of life

...and setting even small daily goals are a great help in
a daily action plan to move your life forward. I find it
very satisfying ticking off even small routine tasks,
like paying bills (well that is a big goal for a "starving" writer!).
These small immediate goals are stepping stones to our
bigger goals " down the track".

WRITE THEM DOWN, because putting them down on
paper makes for more COMMITMENT.

It focuses your thinking on what you
want to achieve, like a magnifying-glass (that's called a simile,
by the way!). Doing this

crystallises (nice big word) our hopes, aspirations and
dreams. They keep us on track towards our medium-term
and long-term goals – the "grand plan or vision" for our
lives. This is most important...

Re-evaluate your progress from time to time. Doing this
keeps you on track to see how you are progressing
towards the "big picture". I find it extremely satisfying
looking back and ticking off the goals I have achieved.
(Of course , I don't achieve all of them, but am working
hard on that.)

It can be very encouraging seeing how far you have come ,

when you look back at your first "teeny-weeny" goals and doing this is a great motivator to me.
Goals are the first step in a positive plan of action.
And always remember,
every great journey down the "river of life" starts with one small first step.

YOU CAN ACHIEVE ALL YOUR PERSONAL GOALS.

So
WHAT'S STOPPING YOU FROM TAKING THAT FIRST STEP RIGHT NOW?

Craig Lock Creative Writing Course <http://www.nzenterprise.com/writer/creative.html> My various books are available from: <http://www.novelty-gift.com/>

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 your 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 to 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.

SETTING GOALS – Part 1

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

How to choose the right goals to focus on.

Reaching Your Dreams Part 1 – Goal Setting

The How and Why of Goal Setting

Are You "Set Up" For Success?

Success Secrets

One Million a Year

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

Motivate Your Way To Success

Mind Power Creative Thinking



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