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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Take Charge – Assertiveness And Goals

By Paddy Landau

You think you know what you want. But how do you get it? And do you really want it? I felt fed up.

So, I went to the airport. "Please sell me a ticket to somewhere lovely," I asked. Yes sir, where specifically? "Oh, somewhere that I'll feel great and at ease with myself!" Yes, but I need to know where, specifically! "Uh, yeah, look, just sell me ticket to somewhere great, OK?" Well, take this ticket. I've always wanted to go there! "Thanks!"

I ended up touring roller coasters throughout the world. The seller's idea of a dream holiday, but not mine! You see, if you don't know precisely what you want, and have goals that match your values, you won't get what you want!

A study of Yale University graduates from 1953-1973 found that the 3% that had written goals achieved more in 20 years than the combined efforts of the other 97%. In other words, they achieved well over 30 times greater success! Successful people — from Donald Trump to Anthony Robbins — know their goals and personal values precisely.

Follow these simple steps to create written goals and start the journey to your dream life.

Figure out your desires

Take a fresh piece of paper and a sit in a quiet room. List everything you want in life. List:

What you want to have or own (e.g. a red Ferrari, a leather sofa, new shoes) What you want to do (e.g. go on a hot-air balloon ride, lose weight, learn a new language) How you want to feel (e.g. confident, tolerant, peaceful)

Go crazy! Let yourself go! Don't worry about making your goals "realistic" — that comes later. You may find it helps to think of the following areas of your life.

Money & finances Health & fitness

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Fun & adventure Career & work Friends & family Physical environment

Romance & relationships Personal & spiritual growth

Check the ethics

Now, for each goal, ask yourself, "How many of areas of my life will it improve?" Subtract one for each area it will seriously damage. For example, a new Ferrari might improve Fun & adventure and Physical environment, but will seriously damage Money & finances, so it scores only 1. (If your partner would leave you over this, subtract another one for Romance & relationships!)

Look at your scores. Goals with higher scores provide more value to your life. Goals with lower scores distract you from finding happiness! How many surprises did you have? Did you have any negative scores?

Act!

Choose your three most important goals. Word them positively; as precisely as possible; and in the present as if you've already achieved them. For example, instead of, "I want to lose 2 stone," write, "I fit size 12 jeans." Instead of, "I don't want to be shy," write, "I smile warmly and show genuine interest when meeting new people."

Now, for each goal, write down one thing that you can do this week to move towards that goal. Write them down on paper. Stick them on your bathroom mirror, inside your purse or wallet, and so on. Revise your goals every week (some goals will change. Let it happen). You will get "somewhere nice" sooner than you think!

Insanity is doing the same thing over and over again and expecting a different result.— Albert Einstein.

Paddy Landau, Hypnotherapist and Life Coach based in Oxford UK Change Fast — with Hypnotherapy, NLP, EFT and Life Coaching

<http://www.landau.ws>

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...

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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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How to choose the right goals to focus on.

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