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Impair Healthy Healing In People Over The Age Of 30!

The 4 Steps to Successful Goal-Setting

By Philip E. Humbert

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Successful people have always had clear, focused goals that guided them to greatness. Thomas Edison was determined to create the electric light bulb.

"Lucky" Lindbergh was determined to reach Paris, and bet his life on it. Michelle Kwan had a goal to be the best skater in the world. Oprah Winfrey was an abused child who determined to make life better.

Successful people always have clear goals. Great musicians, great athletes, successful salespeople and inspiring leaders know what they want in life, and they go after it. Great parents work at it. No one becomes an astronaut by accident!

And yet the great bulk of people continue to drift through life with no goals at all, or with only vague dreams, hopes and wishes. No wonder we achieve so much less than we could!

For those who don't know how to set and achieve goals, here is a powerful set of principles that have worked for thousands of my clients. They will work for you, too. I call them The 4 Steps to Successful Goal-Setting:

1. Decide what you want. Decide if you would rather have money in the bank, or that new car. Choose the life you prefer! You can't have everything in life; but you can have anything you choose, if you will

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focus, pay the price, and pursue it with all your heart.

2. Clarify your values. Too often, people choose goals that are inconsistent with their priorities and daily behaviors. Do you value health, or comfort? Is financial independence a priority, or merely a wish? In a clash between your values and your wishes, your values will win every time. Be certain your goals are consistent with your most important values.

3. Write them down! Have the courage to put your

intentions on paper, in your own words. Be specific and describe your goals in detail. When will you achieve them? What will success look like? Write down the details and read your goals every day, even take a moment to briefly summarize them every morning. Stay focused.

4. Take ACTION! To run a marathon, you must jog every day. Building a business requires that you make sales, every day. A loving marriage or happy kids require your time, your attention and your love, every day. Your daily actions need not be profound or heroic, but they must be consistent and persistent. Every day!

Success does not "just happen". It is built like a work of art. First, it is imagined, then the skills, tools and materials are gathered, and the artist sets about creating a thing of beauty. It takes time. It requires skill, determination, persistence and faith. Just as an artist will make preliminary sketches and work out the details in her mind, so your success requires written goals, careful choices, clear commitments and daily persistence. You can do this. Make something magnificent of your life!

Philip E. Humbert, PhD. All Rights Reserved
Email: Coach@philiphumbert.com
Website: <http://www.philiphumbert.com+++++>

The Kaizen of Goal Setting

By Ke o agile

The 4 Steps to Successful Goal-Setting

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.

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.

Keo 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
I Know I Can, I Know I Can
A Goal Without A Schedule is Just a Dream
Setting Achievable Goals For Success
Goal Setting the SMART Way

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