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The Power Of Goal Achievement Is In The Habit

By Josh Hinds

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You had your new year's resolution all planned out. This was your year to "insert your missed goal here" :-). You knew exactly what you needed to do; maybe you even got off to a blazing start!

You were absolutely sure this was going to be your year! This goal is as good as in the bag you thought. Then – BAM! – You suddenly realized that your goal is nowhere in sight.

Does this sound familiar?

If you answered yes let me assure you that you're not alone. If this has happened to you, here's an approach that might help the next time around. Reaffirm to yourself that most things are accomplished when we're able to form habits around them.

Much in the same way that negative habits transpire in our lives, so too can we choose to introduce positive ones. The thing you have to remember is that habits are formed through repetition.

Clearly defining your goals is just one step towards attaining them. Equally important is forming habits that go along with the dreams you've set for yourself. "How do I form habits," you ask? It has been said that after 21 days of solid repetition we can create habits around what we desire.

That's correct – just 21 days, but it has to be a solid 21 days (give or take a few). If you find yourself skipping the intended event right before it becomes a habit, you've missed the pattern it often takes and you should plan on starting over as though it were day one again.

In the grand scheme of things, 21 days is not that much of a sacrifice. It may be a bit inconvenient, but the vast number of gains you'll receive should be well worth it.

So the next time you can't quite figure out why you couldn't stick with your intended goal, ask yourself if you were able to stay with it long enough to truly make it a habit.

If the answer was no, now is as good a time as any to get on the ball and develop that habit pattern that will lead to your eventual achievement.

Here's to your success, Josh Hinds

Josh Hinds of <http://GetMotivation.com> specializes in helping people to achieve maximum success and live the life of their dreams. He is also the co-founder of <http://AudioMotivation.com>

8 Step Basic Goal Achievement Theory

By Gordon Bryan

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Over the years, I have had many people say to me that although I keep harping on about the magical power of goal achievement theory, they don't know quite what it is I'm referring to.

Although they can see the results it has brought for me, and the sense of well being that goes along with it, I haven't explained the theory to them in a way that they can easily sum up.

I think this is because it is so ingrained in me, that I assume everyone understands it.

That's a mistake on my part, so here goes, the 8-part theory of goal achievement.

1. Define your goal.

It may be a new car, house, a certain amount of money, a job, whatever. Define it as precisely as possible.

2. Visualize.

You need to visualize the goal coming true. Picture yourself after the goal has come true.

3. Write the goals down.

Write the goals on a little card, and look at it often throughout the day, certainly morning and night, preferably repeating them out loud.

4. Believe it will happen.

If you doubt your goals, they won't happen, because you are admitting defeat.

You also need to believe that you are worthy of the goal.

5. Gain the knowledge.

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Find out what other people did to achieve the same goal.
It is highly unlikely that you are the first.
There will be many different routes, and the knowledge is there.

6. Work out a plan.

Look at where you are now, look at where you want to be, and work backwards, step by step, until you can see what the first step is, that you need to take to get to your goal.

7. Take the first step.

This is often the hardest of all the steps, but can be the most powerful, unleashing amazing energies, both within you, and around you.

8. Keep going.

Once the initial enthusiasm wears off, once the going gets tough, keep going! No-one said it was easy!
This is where you find out if you are really prepared to pay the price or not.

That's it!

Simple. Eh?

No, of course not, but the theory **is** simple, yes.

All the steps need to be followed, you can't miss any of them, but if you follow them, believe me, the world is your oyster!

*****Gordon Bryan's new book, 'Transform Your Life in 21 Days!has been described as 'a must read', 'awesome', and 'a true gem'.If you liked this article, see the book for yourself at:<http://www.transformyourlifenow.com>*****



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