

HOW TO HIT YOUR GOALS

Get Clear. Feel Emotion. Take Action. 



Say It Daily

Talk About Your Goals - Make them part of your daily conversations with others.

Use Affirmations - With faith and strong emotions, consistently make positive statements that affirm the achievement of your goals.

Feel It Daily

Be Grateful Now - Feel deep gratitude for what you already have.

Get Excited By The WHY - You must have a strong desire for your goals. Be sure to identify (write down) plenty of clear reasons 'why' you want to achieve a goal.

Emotionalize Your Goals - Define your goals in terms that excite all your senses.

See It Daily

Use Visualization - Regularly close your eyes and see yourself achieving your goal with absolute clarity.

Create A Vision Board - Put pictures, symbols, and words that inspire you on a bulletin board and hang it where you can look at it regularly.

Watch Video - Discover and watch online videos related to the goals you have.

Be It Regularly

Act As-If - 'Fake it until you make it'. In your everyday life, take actions and make plans as if you've already achieved your goals.

Socialize It Regularly

Associate With Like-Minded People - You become who you hang-around with - avoid 'nay-sayers' for the same reason.

Mastermind - Discuss your goals and share ideas with people who are interested in achieving similar things.

Find A Mentor - Make use of the experience and knowledge of a mentor to teach, guide, and help you.

Teach It To Others - What you teach to others becomes more real to you.

Believe It Regularly

Make It 'Just Right' - Make your goals BIG enough to stretch your abilities, but small enough to remain believable. Know your limits, but never stop trying to exceed them.

Avoid Danger

Become proactive - learn to recognize and avoid potential dangers that will appear along the road to achieving your goals



ROADBLOCKS

Clutter, in your mind and physical world creates obstacles to reaching your goals. The more clutter, the more obstacles. **Simplify and organize your life.**



DRIVING IN REVERSE

Negativity - 'I can't...', 'you never...', 'nobody ever...' - doesn't just prevent you from reaching your goals, it pushes you away from them!



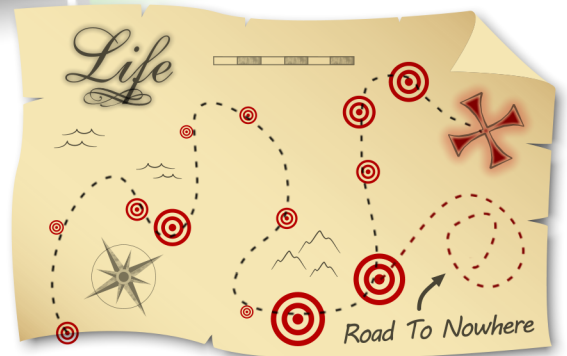
DEAD ENDS

Distractions not only consume your precious time, but lead to nowhere. Stick to your map to avoid these resource-draining dead-ends.



Create A Map

You must know where you are going at all times. Create a **written** map with simple, **specific** targets and deadlines. Review it regularly to make sure you stay on-course!



Action Creates Clarity



When a goal is first created, it appears far away, the details of achieving it are fuzzy, and the number of decisions and choices you face related to it are many and sometimes feel overwhelming.



Taking **small, consistent** action on a goal is like walking toward it - it becomes larger and more in-focus, and the decisions and choices surrounding it become fewer, thus easier to make.



As you **continue** to move closer to a goal, it becomes so clear, and the number of decisions related to it so few, that your progress toward its completion becomes effortless.