

# **How to Achieve Your Goals and Reach Self-Fulfillment**

**Patrick J. Fischer**

How to Achieve Your Goals consists of this document and the Jumbo Large Print Weekly - Heavy Weight - Calendar which you use to write your goals down on and mark them off after you have accomplished them. How to Achieve Your Goals is a system which will help you achieve self-fulfillment, and it requires this Weekly - Heavy Weight - Calendar so you can write down and remember your goals.

The feeling of setting and reaching your goals is called Self-Fulfillment and everybody should give it a try.

Self-Fulfillment is a powerful feeling, and it makes you feel great because you have used your efforts to accomplish your goals in the timeframe you made for yourself.

The reward of reaching your goals in a set timeframe is priceless because self-fulfillment is the reward, and it will make you feel great! The full use of one's own abilities has no limit, and it starts with making a goal and writing it down on paper. When you reach your goal, you mark that goal off your list.

When you accomplish a goal, you have written down, then you earn the right to mark that goal off your list. As you mark a goal off your list, you will grow stronger with pride, which gives you more confidence to make new goals and accomplish those too.

Everybody has goals they want to accomplish, and those goals can be as simple as a short-term goal like clean the garage, to a long-term goal like lose 15 to 20 pounds in the next 6 months.

You can make new goals anytime and it starts with making a list of goals you want to accomplish.

Get out a blank piece of paper and make a list of what you want to accomplish. There are many areas to consider and so to help you I am providing this list below to give you some ideas.

- Eat healthy food
- Exercise daily
- Lose weight
- Learn a new subject
- Thoroughly clean my car inside and out
- Learn to cook new meals
- Read a bible every day
- Take my family out to dinner once a week
- Read a novel every day
- Start a new home improvement project
- Take the family on a vacation
- Help my parents with retirement
- Volunteer to a local organization
- Manage my finances
- Help my grandparents with retirement
- Take an on-line course to learn a new subject
- Attend community education classes to learn more

Everybody has different goals they want to accomplish with their families, their health, their hobby's, their job, and much more. What is most important to you should be the first goals you write down on your Weekly - Heavy Weight – Calendar.

Many books have been written about setting goals which is something that is great for children to learn at a young age, so as they grow older, they learn that with hard work they can accomplish anything; better grades in school, learn to play an instrument, learn to play a sport, volunteer to help other people, learn to do chores every day and much more.

Learning to set goals and work towards them every day leads you to work hard until you accomplish your goals. The reward of reaching your goals is self-fulfillment and that you get to mark the goal you made from your list. When you accomplish that goal, and mark that off your list, you feel great and that is your reward.

It is this end-result of feeling great, that gives you the energy to work at your goals every day, so you can become successful doing what you want to accomplish. Your success is something nobody can ever take away from you!

### **You Receive what You Believe**

You have the capability to achieve anything you set your mind to achieve and that brings me to discuss the power of belief. Having a positive attitude and belief in what you are doing is very important to achieve your goals because you receive what you believe. The power of belief works both ways as in if you think you can't, then odds are you won't. If you think you can, the odds are you will.

### **Write Down Your Goals**

Writing down your goals is very important to do because you own it and the best place to write your goals is the Weekly - Heavy Weight – Calendar.

The Weekly - Heavy Weight - Calendar is a product designed by Accessibility.Net. The team at Accessibility.Net started making Jumbo Large Print calendars 15 years ago because its customers demanded a 5-star, top-shelf, no lightweight, calendar.

Accessibility.Net has been helping persons with disabilities for over 25 years by providing computers, magnification, braille, text to speech, and voice recognition technology which helps people with disabilities remain independent.

While technology can be used to write down goals and follow them daily, its inherent nature is that it uses up a lot of Technology Airtime which is unproductive when it comes to writing down and managing your goals.

### **What is Technology Airtime?**

Technology Airtime is a specification that measures the time wasted while using computers, smartphones, and tablets.

Technology Airtime is defined as the time when you are waiting on the technology, or the technology is waiting on you.

- When you use a keyboard, mouse or touch device, the technology waits on you when your hands are in the air, hence technology airtime.
- When your computer is old and outdated, or the Wi-Fi is slow, you are always waiting on the technology, hence technology airtime.

### **How to reduce your Technology Airtime**

Keep your technology tuned up plus receive training on the applications you use so you are the most nimble and efficient.

### **Example of how much time you can save**

If you spend 14 minutes a day waiting on your technology because of Technology Airtime, then each year, you have spent over 80 hours? 80 hours is a two-week vacation.

**Math: 14 minutes X 365 days in a year = 5110 minutes \ 60 minutes per hour = 85.16 Hours.**

When it comes to How to Achieve Your Goals, we don't use computers to write down our goals because we use the Weekly - Heavy Weight – Calendar, and the reason is simple. Your goals can not afford to have Technology Airtime delays and distractions. Computer technology operates on notifications, and other attention-grabbing alerts that become distractions which takes your focus away from writing and working on your goals.

I understand there will be people that say they don't want to write down their goals on paper, but rather use a computer, tablet, or phone. And I say, go for it, because making your own choices is what setting goals is all about.

The Jumbo Large Print Weekly - Heavy Weight - Calendar is the best tool to use to write down and manage your goals because it was designed with these nine unique characteristics for managing your goals.

1. Each week is displayed on two pages providing lots of room to write daily goals, doctor appointments and family events.
  2. Each week shows previous and next month for planning.
  3. The first and last page shows the full year calendar.
  4. Jumbo Large Print so you can easily see it.
  5. Made of Heavy Weight Paper so ink does not bleed through.
  6. Write on it with a pencil and erase it.
  7. Has a plastic spiral making it easy to turn pages.
  8. Lists National Holidays, other holidays, special events, season changes, and full moons.
  9. 13-month Calendar - January 2023 to January 2024 - so as you come to the end the year, you have the first month of the next year to use which helps you a lot ending a year and starting a new year.
- **Included with this 13-month calendar is the supplement September 19, 2022, to December 31, 2022, so you can start making and managing your goals today.**

# Sample Views of Weekly – Heavy Weight – Calendar Measures 17 inches by 11 inches opened

**January 1 - 7, 2023**

January 2023							February 2023						
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**Wednesday - January 4**

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**Thursday - January 5**

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**Friday - January 6**  
Full Moon

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**Saturday - January 7**

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**Sunday - January 1**  
New Years Day

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**Monday - January 2**

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**Tuesday - January 3**

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LargePrintCalendar.com

**Picture of First Week – January 1-7, 2023**

<p><b>January 2023</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	Su	M	Tu	W	Th	F	Sa	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p><b>February 2023</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td></tr> </table>	Su	M	Tu	W	Th	F	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					<p><b>March 2023</b></p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	Su	M	Tu	W	Th	F	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								
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**First and Last Page Show Full 13-Month Calendar**

To manage the goals you make, you need to use this Weekly - Heavy Weight - Calendar to write your goals down on, so you can look at them every day, and mark them off when you have accomplished your goal.

Goals are something you have every day on your calendar along with doctor appointments, family events and everything else that is important to you.

You need one place to go to for writing down your goals and the Weekly - Heavy Weight - Calendar is the best.

One thing is true about all people and that is we love a system that we follow every day. How to Achieve Your Goals is a system that was designed to help you reach your goals and How to Achieve Your Goals breaks down into 4 steps.

- 1. Have a Weekly - Heavy Weight - Calendar for writing down your goals to keep track of them.**
- 2. Look at your goals every day and do the work you have written down.**
- 3. Work hard every day at your goals.**
- 4. Mark off your goals when you achieve them.**

Everything you do breaks down to a system of managing the time you are awake. You are already using systems every day and it starts by waking up. Most people go through a routine which is usually the same system every morning. At the end of the day, most people go through the same routine which is also the same system before they go to bed.

My point is to make you realize that what you do at the beginning of a day and at the end of a day is something you hardly think about. The reason you can do that is because you have done the same thing so many times that in essence, you have programmed your subconscious mind.



Your subconscious mind is a very deep subject which I know very little about, except to say, repetition of the same physical or mental work will lead to programming your subconscious mind.

How to Achieve Your Goals is that you follow a system that you created, and it is based on your goals because it is what you want to do. If you don't like it, change it, as you are in control.

The reward to writing down your goals is that you will develop your own system, based on your wants and desires made into your goals. As you write down your goals and work at them every day you will eventually achieve them and earn the right to mark that goal off your list and achieve self-fulfillment.

Start with simple goals and work your way up to harder goals to accomplish everything that you desire to do.

As you prove to yourself that you can do anything you set your mind to, I wish you much success in everything you do! Make a goal that you want to achieve, and work hard every day at accomplishing your goal.

Wishing you much Success,



Patrick J. Fischer  
CEO

**Large Print Calendar**  
Jumbo Driven, by Demand

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Large Print Calendar  
866-539-4357  
[LargePrintCalendar.com](http://LargePrintCalendar.com)