

7 Keys To Conquering Your Goals

By TC Allen

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1. Be Mindful Of The Fact That There Are 3 Types Of GOALS...

Each of the 3 types differs based on how much control we have over it.

1. **Outcome Goals:** Outcomes goals are the specific **results** you hope to achieve in the end.
2. **Process Goals:** The **behaviors** or the strategies that will help us to perform well.
3. **Performance Goals:** set the **standards** at which we will perform our process goals.

We have the most control over process goals and the least control over outcome goals. Stop focusing on the outcome goal (or end goal) and really focus daily on the process and performance goals which are the behaviors and standards that will get you to your end goal.

"Don't get weary in doing good, for in due time we will reap a harvest if we do not give up"

2. Be Clear About What You Want, You Cannot Reach What You Can't See...

Write your goals down using the **SMART** goals model.

S = Specific: Get as specific as you can, unclear goals will never get completed.

M = Measurable: Define how you will know it's complete?

A = Attainable: Step by Step you will get there.

R = Relevant: Does it support your purpose, values or big picture goals?

T = Time-Frame: When will you complete it by? "Give Me A Birthday" - GOALS

"The Clearer Your Goals, The Brighter The Path & The Greater Your Faith" -TC Allen

3. Be Wise To The Fact That Your Goals Will Choose Your Mentors...

Your Goals will always gravitate to the **MENTORS** it needs. Someone who is...

M = Motivating: Your goals will get lost unless you stay motivated to achieve them.

E = Emancipative: Setting you free from the mindset that hinders you from progress.

N = Navigators: Directing you around the pitfalls and problems of goal achievement.

T = Transformational: Birthing the visionary leader within you from the process.

O = Optimistic: Believes in you, your vision and will show you how to stay positive.

R = Revolutionary: Their methods will cause complete change that will rebel against your pass.

S = Successful: They have conquered and completed the goals you are trying to overcome.

"Your Goals Chooses Its Mentors So That It Can Live" -TC Allen

4. Be Aware Of The 5 D's That Are The Enemies Of Your Goals...

1. **Delays:** Thinking that you can put it off until later, allowing other things to hinder your progress.

2. **Deceit:** Misrepresenting the truth by being pretentious and not being true to the process.

3. **Delusions:** Thinking that someone is always trying to stop you from accomplishing your goals.

4. **Distractions:** Easily interrupted by non-essential things that keeps you in a holding pattern.

5. **Disappointments:** The regret and depression from unfulfilled expectations keeping you stuck.

"Don't Get Distracted From Your Goals That's Making Your Dream A Reality" -TC Allen

5. Be Laser Focused On Your GOALS And Defeat Procrastination By Staying...

F = Faithful: Stay loyal to the process of achieving the goals no matter the obstacle.

O = Observant: Stay alert and watch for the 5D's that can derail your focus and stall your goals.

C = Committed: Stay dedicated to changing your mindset and take on the mind of a champion.

U = Unwavering: Stay locked in on seeing things thru, have the resolute of a finisher.

S = Sacrificial: Stay devoted to making the tough but necessary decisions.

E = Energetic: Stay motivated, this will create the momentum that will outlast your emotions.

D = Driven: Stay relentlessly compelled by the need to accomplish a goal.

"Your Goal Cannot Bring Itself To Pass On Its Own, Stay Focused" – TC Allen

6. Be Acquainted With Reviewing Your Progress To Stay On Track...

In order to keep yourself focused and motivated, review your goals frequently by...

T = Trace: Your goals completion dates to make sure you are on track.

R = Remind: Yourself weekly to review your progress of the past week and make adjustments.

A = Attack: The things that are hindering your progress and keep it from holding you back.

C = Chase: After the your WHY you want your Dream to come to pass.

K = Keep: Building the good habits, keep that Burning Desire of how you want life to look like.

“You Will Never Correct What You Are Unwilling To Confront” – Dr. Mike

7. Be Sure To Celebrate Your Wins, Accomplishments and Growth...

Sometimes people do things in life that are significant for numerous reasons. Yet they are so busy or distracted they lose sight of how a powerful completion can mark the beginning of a whole new chapter. Use these 7 tips to Celebrate.

1. **Share with friends:** Accomplishments are meant to be shared for maximum impact.
2. **Learn something:** Learning something new adds richness and depth to any achievement.
3. **Acknowledge those who helped:** You didn't get here on our own! Thank Everyone Involved.
4. **Write:** Make sure you leave a road map for others to follow, Leave some bread crumbs
5. **Celebrate:** Party like it's 1999! You and your team's accomplishments deserve recognition.
6. **Reflect:** Any accomplished goal deserves reflection so you can grow and advance.
7. **Repeat:** Don't get stuck in celebration mode! Be quick to repeat the process and do it again.

“The Goal Was Never Important If It's Not Worth Celebrating When Accomplished” -TC Allen