



## **Three Ways To Achieve Your Goals**

Ideals, values and principles are the foundation for the goals you would like to achieve and the actions you take to achieve them successfully. They enable you to create wellbeing in your life, the lives of other people and society.

In this article, we share three principles which assist you to achieve your goals. These are:

- Creating Momentum
- Developing Strengths and Skills
- Building Networks

Here is a description of each of these principles and actions you can take to assist you to achieve your goals in new ways.

### **Create Momentum**

In our work, we define momentum as the ability to 'go forward' to achieve your goals. Consistency is one of the best ways to create momentum.

Taking at least one action each day for a goal you would like to achieve helps you to develop consistency. When this is not possible, it is a good idea to create a way to take regular actions such as weekly or monthly. The consistency of your actions and focus on the goal will help you to create momentum for success.

### **Develop Strengths and Skills.**

Developing your strengths and skills helps you to achieve your goals and to create wellbeing in your life and in society.

Strengths are positive qualities. A few examples are; courage, empathy and appreciation. Skills are your abilities and expertise such as your abilities as an artist or engineer.

You can develop a positive quality by taking inner and outer actions. An inner action is a reflective action.

For example, let's say that you would like to develop the positive quality of courage. You are developing a project at work and feel that there is a better way to accomplish it. You decide to speak with the head of the department.

An inner action is preparing for the conversation with your supervisor by writing down your thoughts about how the project can be achieved in a more successful way. An outer action is having a conversation with your supervisor and sharing these ideas.

### **Build Networks.**

Networks are groups of people who come together for a shared purpose. The purpose of a network can be to expand your professional, humanitarian, or educational goals.

Participating in networks can help you to excel beyond your expectations. A network can introduce you to new ideas and resources and help you to expand the vision of what you would like to create.

One way to begin to develop a network is to ask these questions:

*How can I expand my goals by participating in a network with other people with expertise and knowledge in this area?*

*What would I like to accomplish by participating in this group?*

*In what ways would I like to contribute to the group?*

*What positive qualities would I like this group to have?*

It is helpful to know the positive qualities which are essential to you in any network or group in which you participate. This will assist you to choose a group that will be the most helpful to you and the goals you would like to achieve.

Creating momentum, developing strengths and skills and building networks assists you achieve your goals in new ways. Developing them will help you to expand the contribution you are making to people and society.

© 2023 Oshana Himot, MBA. All Rights Reserved.

Oshana Himot, MBA, is a speaker, author and organizational mentor. She works with professionals, assisting them to achieve their goals and create joy in their life. Oshana has a Masters of Business Administration degree from Golden Gate University in San Francisco, California and credits towards a PhD in Learning and Change in Human Systems from the California Institute of Integral Studies in San Francisco, California. She is currently writing a book about joy and can be reached at: [oshana@oshanasjoyinstitute.com](mailto:oshana@oshanasjoyinstitute.com).

