

Strategies to Become More Goal-Oriented



Formulate goals around your strengths, or "superpowers." This will help ensure that you will achieve them.



Think about how proud you would make someone whom you lost in your life, if they were to see you accomplishing your big goal.



Remind yourself that setbacks, challenges, and problems are inevitable. Everyone experiences them, and not to give up.

The process of achieving a goal should become a system that will help you have routines.



Be mindful of morning thoughts. Start the day by telling yourself that you are going to accomplish, work hard, and achieve, no matter what.