

SETTING GOALS FOR SUCCESS

It's great to write down goals, the question is "Do you create the goal? Do you achieve 100% of your goal or do you settle? If you settle, what is the percentage that you are willing to settle for? Let's talk about settling....Do you really want to settle? When you wrote that goal, was the goal you wrote realistic? It's important to run all your goals thru SMART Goals: S-SPECIFIC; M – MEASUREABLE; A-ACHIEVABLE/ATTAINABLE; R – REASONABLE; T – TIMED. Every goal you write should be run through this if you want to achieve 100% and who wants to settle for less? And if you settle for less, what message are you giving to your unconscious mind? That it's ok to not get everything you want? NO DON'T SETTLE. Can you imagine a pilot who sets off with a specific destination to Hawaii with 500 passengers on board looking forward to their trip and half-way through the trip a storm comes up and he decides that "well, I flew them halfway there and turns around and goes back....what do you think is going to happen to him? You bet..he is going to have a plane full of very unhappy people. This is what you do when you settle. But this is what also happens when you set goals that are unrealistic, not timed, not specific enough....THAT'S RIGHT!. Every New Year's eve, people make these resolutions which are goals and never fulfill them because they take all the things they would like to have and state them and they may have good intentions but when you make too many goals for yourself all at once you dilute your focus and you create none of them. So we are going to talk about how to make a goal and be successful.

- 1) Choose 1 thing...YES ONLY 1 THING...as you are going to put all your focus on this 1 thing!
- 2) Run it through SMART goals and make sure you have a date that you want to have it by.
- 3) Write the goal down and write it as if you already have it ..do not write it in the future.
- 4) Write down all the reasons you want this goal, what will you have when you have it, how will you feel when you have it...what will having this goal do for you....what you are searching for in this step is the "WHY" which is the passion behind the goal.
- 5) Visualize the goal, incorporate all of your senses when you write this picture
- 6) FOCUS ON YOUR PICTURE
- 7) TAKE ACTION!
- 8) Release any attachment to having it.

Do this for 21 days and then let it go and you will see how successful you are at creating your goals.