



Heart Centered PROGRAMS

5 MAGIC KEYS TO ACHIEVING YOUR GOALS

M.A.G.I.C.



How many times have you tackled a new goal...

...only to run out steam, lose focus, and eventually give up?

It happens to all of us, and it's a real shame. We end up spinning our wheels, beating ourselves up, and getting no closer to attaining our biggest, most important dreams.

Even worse, we may start to believe that maybe we just don't have the grit and determination we need to really achieve our biggest desires.

But that's just not true.

The real problem isn't you or your grit. The problem is goal-setting advice that sets you up to fail.

I'm willing to bet that you've followed lots of the popular advice around goal-setting... only to be disappointed.

Turns out, a perfectly constructed S.M.A.R.T. goal won't bring you any closer to your dreams. Tracking your progress doesn't ensure you won't fall off the wagon tomorrow. And all the visualization in the world won't guarantee your results.

So if you've been following that advice without getting consistent results...it's not your fault.

That's why I'm excited to offer you a short, targeted course that will teach you how to consistently set and achieve your most important goals.

Here are 5 keys to setting powerful goals that **activate your built-in motivation, so you don't need to rely on willpower!**



Heart Centered
PROGRAMS



KEY #1: MEANING

Your goals must be meaningful to your life.

We often work on goals that we believe we should accomplish because it is what other people are doing or are expecting us to do. This applies to both our personal and professional goals.

How often have you tried to achieve a goal that you were not excited about? Or maybe you were in the beginning and then very quickly ran out of motivation. The reason is the goal you are working on isn't important in your life. You must make it meaningful.

Goal: I want to be fit.

Why is that meaningful? Are you currently unhealthy? Do you want to have more energy to play with your grandkids?

Goal: I want to start a new business.

Why is that meaningful? Are you unhappy in your present job? Do you want to be your own boss?

Goal: I want to get out of debt.

Why is that meaningful? Do you need to raise your credit score to buy a home? Do you want to save more money for retirement?

You need to tie your goal to a 'why' that is so meaningful that you will overcome any obstacle that shows up. Meaning fuels motivation and determination to stay focused and on target.





KEY #2: ACTIONABLE

Your goal must have action-steps & tasks.

Every goal that has ever been achieved first started in your mind and imagination. You visualize what you wanted to accomplish and then you put a plan together to achieve it.

But if all you did was dream about accomplishing your goal, it would forever stay a dream. Procrastination and frustration set in and it becomes harder to act. You must move beyond the visualization and build a bridge from your dream to reality.

Successful goals will have multiple action steps on the pathway to completion. One 'best-practice' is to start with the end in mind, as Stephen Covey in his book, 'The 7 Habits of Highly-Effective People', recommends.

Once you know your end goal and end date, you can work backwards and set action steps for your journey. Break your goal into small bite-sized pieces that you can complete each day. These action steps will create both momentum and a positive psychological boost when you complete each daily goal.

Before you know it, you will have crossed that bridge and enjoying the fruits of your labor.





KEY #3: GROWTH

Your goal must empower you to grow.

To achieve meaningful goals, we must stretch beyond our comfort zones. Stepping outside of what we know to do something we've never done before, requires us to shed our old 'selves'.

We may need courage, determination, tenacity, creativity, resilience, and grit. We may need new skills, education, degrees, or certification. We may need support and assistance, a mentor, or a coach.

Each time you overcome an obstacle or set-back, you grow. Each time you push yourself to learn a new skill, you grow. Each time you hold yourself accountable, you grow!

Growth is a byproduct of reaching your goals. It acknowledges and honors the experience of the journey. Expanding into a higher and better version of yourself is the reward!

Be proud of your accomplishment and of your growth!





KEY # 4: ISSUE

Your goal must resolve an issue.

When we set goals, we are usually trying to fix a problem; the achievement of which will close the gap between where we are now, and where we want to be. The problem can be that we are overweight, that we are in debt, or that our business is not generating enough income.

If your goal does not address a key issue in your life, you are less likely to work on it when you lose your motivation or drive. The pain of staying where you are - must be greater than the pain of getting to where you want to be.

Your end goal may have many different paths, milestones and action steps along the journey to completion. The key is that the completion of the goal resolves the original issue.

The purpose of your goal is to not only resolve a current issue, but also to create a better future for yourself.





KEY # 5: CLEAR

Your goal must be clear and specific.

Goals must be clearly identified so you know if you have achieved them. Vague goals, like 'losing weight' or 'getting fit' lack specificity. There is no way to know if you have reached your goal.

When you are writing out your goals, they must be specific, clear and measurable. For example, 'I want to lose 10 pounds by my birthday'. This is much easier to put a plan against because I now have an end date, a way to measure my progress, and there is no ambiguity about completion.

It is very important to flesh out your goals and be very clear about what you're planning to achieve. Then, work backwards by adding your action steps and milestones. You will also need to consider 'bumps in the road', so do not be attached to how you reach your goal.

As long as you are clear in the 'What' and the 'Why', your 'How' can pivot and change many times along your journey to success!



Are you Ready to 'Go for your Goals'?

Sign-up Now at: <http://bit.ly/34CZgcn>

Learn more about Heart-Centered Programs:

Complimentary Guided Meditation: <https://slkt.io/86wZ>

Courses: <https://bit.ly/2LJJ6XP>

Executive Coaching: <https://heartcenteredprograms.com/stress-management>

Stress Relief Tips List: <https://slkt.io/86wZ>

Stress Management Community:

<https://www.facebook.com/groups/1196358264028462>

30-Day Challenges: <http://bit.ly/2XuMGrS>

Newsletter & Announcements: <http://bit.ly/2NjLIwt>

About the Author



Dr. Ellen Contente is well-known for her authentic and genuine style. She has a unique ability to connect with people from all walks of life and across all levels of an organization.

She has her doctorate and Masters in Spiritual Psychology and a B.S. in Business Management. Ellen has worked with thousands of people worldwide in coaching them to reach their goals through her courses and programs.

She is the Amazon best-selling author of 'M&M's; Motivational Musings to live an Inspired Life', co-author in 'Rock Your Life', and licensed Bigger Game Leadership Program facilitator.



Heart Centered
PROGRAMS