THE POWER OF GOALS

HOW TO SET GOALS, GET MORE DONE & ACCOMPLISH MORE IN LIFE

Disclaimer

This e-book has been written to provide information about its topic. Every effort has been made to make this ebook as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this e-book provides information only up to the publishing date. Therefore, this ebook should be used as a guide - not as the ultimate source.

The purpose of this ebook is to educate. The author and the publisher does not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this e-book.

Introduction

Whether you want to try to do something as simple as lose a few pounds, or something as complex as starting your own business, it is absolutely important to create and set goals, and then stick to them. Goals are what make us strive to become better and to continue to press onward so we can have the things we want or be the person we have always wanted to be.

By setting goals, we create a sort of "visionary prize" for ourselves that helps us stay on track. Without having a goal in mind, the final result does not appear to be as clear. If we come up with some goals and then stick to meeting them, it's amazing what we can achieve. There are many things you can do to help you reach your goals, and with some simple advice and a bit of hard work, your dreams no matter how big or small can come true.

Why Goals are Important

Goals are important because they help to give you clarity of the final result. For example, if you want to lose 50 pounds, setting small, incremental goals can help encourage you and keep you moving in the right direction.

Once you reach your final goal, a true feeling of achievement takes hold and you gain courage to try something else. Perhaps it may also encourage you to do something much more bold, like go rock climbing or learn a new sport. Small goals are wonderful stepping stones towards helping us reach that final outcome.

Aside from helping you move towards the right direction, setting goals make you more accountable to yourself. If you hadn't set a personal goal, there is no repercussion if you falter. On the other hand, if a goal is already put in place, you can begin to create some rules and boundaries to help you stick to it.

Let others know about your goal and keep them informed of your progress. This way, someone else is aware of what you are working toward and can help to encourage you. Any goal is designed to help you be responsible for the mistakes you make, or for any learning curves you might experience along the way. It helps keep us focused

with our eyes on the prize, and allows us to better understand what it is we are trying to achieve.

Keep in mind that most successful people began their journey with some kind of goal in mind. No famous business owner, movie star, or sports hero began their journey expecting everything to simply fall into place the way they wanted it. Instead, most likely they decided what they wanted in advance, and then worked hard to get there. The same can be applied to us in our day to day journeys: if we want something big to happen, WE have to make it happen. This is where the role of setting and sticking to goals comes in.