

## Sticking To Your Goals

Many people experience difficulty trying to stick to their goals. Use the techniques listed below to help you achieve your targets.

1. Set goals that will push beyond what you usually think you can accomplish. Challenging goals are motivating and will help propel you to work on accomplishing them.
2. Select an area that you can control. Making a resolution to win the lottery won't work. Focus on areas that you can have an impact on, not a situation governed by chance.
3. Put them in writing. Plus, it forces you to clarify them which means you will be able to create a clear image of them.
4. Phrasing your goal in the present tense and assume success. Don't say, "I want to." Say, "I will." This subtle, yet powerful technique helps push your goals into your subconscious which means your mind will begin taking action to accomplish them.
5. Be as specific about your goal as possible. "I will start my own catering business" is a lot stronger than "I want to go into business for myself."
6. Make it measurable. List the steps that you need to take to make your goal a reality. Breaking your goal into small bites makes it easier to digest and track your progress.
7. Set a deadline. A goal without a deadline is simply a dream. Attach a realistic but challenging deadline for accomplishment and post this where you can review it regularly.
8. List the benefits you intend to receive by achieving this goal. This will keep you focused and strong particularly when you face the inevitable roadblocks and barriers. Years ago, when I quit smoking I listed 75 benefits and when I felt the urge for a cigarette I would review this list to help me get past that craving.
9. Anticipate the challenges you will encounter and plan how you will overcome them. This will prepare you for them and help you overcome the obstacles easier and with less stress.
10. Talk with others who have flourished for inspiration and encouragement. Surround yourself with successful, motivated people who also set challenging goals.
11. Find a coach that will hold you accountable for doing what you say you will do. I have found that this accountability can act as a powerful motivator.

12. Visualize yourself achieving this goal. The more you can "see" success in your mind's eye, the more likely you can translate this into reality. Create a perfect picture in your mind and replay it frequently.
13. Use affirmations. If you plan to quit smoking repeat statement such as, "I enjoy the lifestyle of a non-smoker," "I'm glad I'm a non-smoker," "I enjoy the taste of food more as a non-smoker." Stating affirmation aloud, reinforces your goal to your mind and will help you achieve your goal much faster.
14. Finally, take action. Don't procrastinate. Once you have determined a goal for yourself, take action within 24 hours.

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