



Goal Setting - Life Improvement in Action

Goal setting is not a new concept. It has been around for a long time. Maybe you think goal setting is not for you. Well, have you ever set and achieved a goal? If you have, then we are sure you are aware of the power behind goal setting; it's life improvement in action! We believe that having clearly defined goals and a life plan to achieve them are two very important elements of successful and rewarding life improvement.

Benefits of Setting Goals

The benefits of goal setting are neither imaginary nor vague. There are meaningful values to be gained from practical goal setting:

- Goals establish direction for your life. If you never set a goal, how will you know where you are going?
- Goals identify results. If no goal exists, how do you measure your progress?
- Goals challenge you to grow. If you never set a goal, how do you move out of your comfort zone?
- Goal setting improves your self-image. It improves you today and makes you feel better for tomorrow.
- Goal setting gives you confidence. Your frustration is immediately lowered when vagueness and doubt are replaced by focus and concentration.
- Goal setting forces you to be specific. It is the first positive, obvious step to success.

Taking the Doubt Out of Your Future

Goal setting is the foundation of a successful and happy life. It takes the doubt out of your future. Now you know it will be great, because you have designed it! You cannot design an extraordinary life without goals.



Five Simple Steps to Setting Great Goals

1. State your goal – your general intent. Make it bold, big and extraordinary.
2. Give yourself a deadline. Make it realistic but not pessimistic. It's good to challenge yourself.
3. Create a plan. Work backwards from your goal to the present day. Take each year, month, week or day and state what you have to accomplish in order to move on to the next stage.
4. Take a look at you goal. Is it totally desirable for you? Only when you are motivated enough will you constantly work towards achieving it. How do you feel about this goal, why is it important to achieve?
5. Make sure your goal only involves you. Do not expect other people to achieve it for you. And never expect people to change or do as you ask.