

5 Goal Setting Techniques to Fulfill Your Dream



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Did you know that 'Goal Setting' is the secret to fulfilling ANY dream or desire you want in life?

Did you also know that SUPER Successful people use 'Goals' to attain the knowledge and wealth they have today?

Some of you reading this right now might agree and some of you might not.

That decision is yours to make.

The reason people find it too hard to achieve their goals is simple because they've set their Long-Term goals before setting Short-Term ones, or they just didn't plan their goals out carefully.

Goal setting strategies are VERY important, especially for those who want to achieve Long-Term goals.

Well, you're in luck because I'm going to share five 'Goal Setting' techniques to help you realize your TRUE goals today.

Your only requirement is to keep an open mind.

So, with that said, let's go to Technique #1.

Technique #1: Start with Short-Term Goals

Sometimes, people start with short-term goals unconsciously.

Why unconsciously?

Some of them may have considered the goals to be long-term at the time they planned them; and after achieving a goal, they realize that they are in fact, looking forward to a longer one.

Some are contented with their short-term goals, but after a while will realize that they also need to attain long-term ones.

Short-term goals seem to be our starting point for our Long Term ones.

They also motivate the person to plan for longer goals, which will usually take some time before achieving them in full.

Technique #2: Make Sure You Really Want the Goal

By this, you have to ask yourself: "Do I really want this goal and will this goal give me a better life?"

Answering this ONE question will give you more passion and motivation to achieve your goal.

Some people often recall their past to find out Why and How they came up with such goal.

Technique #3: Speak Up

What I mean by this is you shouldn't keep your goals to yourself only. By sharing your goals with other people it'll help you get the support you may need in order to fulfill them.

The problem that usually occurs though is some people are just too shy to tell others about their goals for reasons like they are afraid they cannot achieve them in the end, or they lack the courage to speak their minds.

This is not a good habit to get into because when the time comes that you really need their support, you will have a difficult time getting it.

You'll then be left to achieve your goals all by yourself.

Don't make this mistake.

Technique #4: Write Your Goals Down

This strategy is critical and more advisable for those who have a long list of goals.

After writing them down in as much detail, it is advisable that you review them on a daily to weekly basis because this will encourage and motivate you to achieving them, plus, this will also keep that vision of your goal alive.

Technique #5: Stay on Track and Never Give Up

Reviewing notes will help open your mind to see if you are on the right track. While on track, you may have to face challenges that might change your personality.

A person who is overconfident might suddenly feel depressed after finding out that he is going the wrong way in achieving his goal.

Thus this might lead to abandoning the goal.

Never be discouraged.

Facing obstacles is a test on how passionate one is to realizing his or her goals.

There you have it.

Give those a try and keep a visual picture in your mind everyday of you fulfilling that goal you desire so much.

How to Set Your Goals In Motion Today

1. Stop Seeking Approval from Others

You don't need anyone's permission to fulfill your dream. Trust yourself and give yourself permission to succeed. Having support from people whose opinion you value is a wonderful thing but it should not be the criterion for whether you begin acting on fulfilling your goals or not

If you really desire to turn your idea into reality, constantly floating it around and seeking the approval of people will waste your time and kill your dream. What will happen to your idea if you don't get the approval of those whose permission you so desperately need? Nothing!

2. Don't Wait for Perfection

Waiting for a time when everything is perfect and in place will cause you to lose your enthusiasm and abandon your goal. Conditions may never be as perfect as you desire. You may never have all the money, time, or knowledge you desire to begin working on your goals.

You must take risks, learn and improve as you go along and then watch as everything begins to fall in place. If you have to wait for the perfect time to begin working on your goals you will be waiting a long time!

3. Create Time for the Goal

Many people have dreams, ideas or goals, which remain unfulfilled because they are too busy doing everything else but work on the goal! If you have a goal to accomplish, you must be ready to invest your time, and resources to ensure that it succeeds.

Making excuses about lacking the time to work on goals that are important to you is a procrastination tactic, which will kill your dream before it has a chance to see the light of day. There is always time to work on what we love and consider important. Create that time and see your dreams begin to unfold!

4. Decide Once and for All!

The process of goal accomplishment, like most things in life begins with a decision. You decide what you want to achieve and then you plan how you intend to achieve it.

If accomplishing your goal is important to you, your inability to make crucial decisions about what you should do, how you should do it and when you should do it, will waste your time and choke your dream. Make up your mind and stop second-guessing yourself. When your mind is made up nothing can stop you from making progress with fulfilling your goals.

5. Be Bold and Take the Initiative

Be bold! You are the one in charge of turning your dreams to reality. You need to be proactive and actively involved in the process of working on your goals to ensure you achieve them.

Just because you have shared your ideas with others does not necessarily mean that you are no longer responsible for turning them to reality. Don't sit around waiting for others to make suggestions and guide your idea to reality. Don't leave your dream entirely in the hands of others. Nobody cares about your dream like you do.

6. Invest in your dream

No idea is self-funding. Don't be deceived into thinking that people will invest or finance your idea just because it is brilliant. If you are lucky, someone may invest in it, but if you are not, you will have to invest your time, energy and finances towards activities that will fortify and fulfill your dream.

You may have to invest in the acquisition of knowledge or expertise that will help you achieve your goals. It would be a good idea to keep some money stashed away to finance your goal.

7. Do one thing at a time

Commit yourself only to projects and activities that are connected to your main goal. Whatever you do should directly or indirectly add up to a move toward your main goal. Failure to do this will confuse, overwhelm, sidetrack, and drain your energy.

To get started on achieving your goals, you need to plan for it and make it a priority. If you keep crowding and cluttering your life with what does not matter, you may never, ever accomplish your goals.

Remember that you can't do all things, but you can do one thing!



For Specialized Assistance with Your Goals:

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