

The 5-Minute Guide To Setting and Accomplishing Your Goals

- SPECIAL REPORT -

One of the fastest ways to get what you want most in life is to set clear goals. However, if you are like most people setting goals and achieving them is a difficult task. One reason for this is that we don't have a clear vision of what we want our lives to be. Without a crystal-clear idea of what you want in your life, you'll fail to achieve even the most straightforward goals. Here is a 5-minute guide to help you set crystal-clear goals and achieve them quicker than you ever could have imagined.

The first thing that you need to be clear about is what a goal is and what it's not. Many people make the mistake of believing that the New Year's resolutions they made are the same as goals. However, a resolution is nothing more than an intention waiting for a plan. It is in essence, simply a wish list of what we would like for our lives. The resolutions that you make may or may not be something you can achieve.

Goals are different. Goal setting is the process of deciding what you want to accomplish in your life and taking proactive steps to devise a plan to achieve the results you desire. What it all boils down to is goals are active, while resolutions are passive. Setting goals for our lives is an intellectual exercise that we are using to

plan for the future and make changes in our lives to ensure the outcomes we desire. So, the question then becomes, how do you set goals?

How to Set Goals

The first step that you have to take for successful goal setting is to choose the right goals. If you want to have any chance of reaching your goals you have to decide on goals that are worthwhile and achievable. If you don't already know about SMART goal setting, here's a quick rundown of the concept.

The acronym SMART stands for:

- **Specific** – the goals you want to achieve must be clearly defined, including who is involved, what you want to accomplish, where it will be done, why you are doing it, and which constraints or requirements are involved.
- **Measurable** – they must have identifiable targets and milestones that allow you to track your progress. You need to know how much it will take, how many steps you need, and how you will know that you've accomplished the goal.

- **Attainable** – the goals must be realistic and manageable. Make sure that the goal you set isn't out of reach.
- **Relevant** – they must be ones that matter to you, are they worthwhile and will it meet your needs.
- **Time-based** – they have a specific period for achieving them to establish a sense of urgency and prompt you to have better time management.

When you set SMART goals, you are setting goals that are actually achievable. This technique helps you to save time and energy by making the process of setting goals more efficient and productive.

Things to Consider When Setting Your Goals

Setting goals in your life can provide you with a long-term vision along with short-term and long-term motivation. Proper goal setting allows you to keep track of your goals and celebrate your achievements. As you achieve your goals, the great sense of pride and accomplishment that you experience will help propel you forward in your life.

As you begin to set new goals for your life, there are some important things that you need to keep in mind as you move forward.

1. Be Flexible - You need to remain flexible during the process of setting your goals and throughout the process of reaching your goals. Take some time to regularly review your goals and re-evaluate whether the goals you've set are still relevant and beneficial to you.

2. Believe in Your Ability - Your belief in your ability to reach your goals is fundamental in whether you see success in achieving your goals. When you believe that you can reach your goals, you are more likely to set appropriate goals and remain motivated to reach them.

3. Attainability - Make sure that your goals are attainable. Not only do they need to be feasible, but you must fully perceive that they are feasible. If you don't believe that your goals are attainable, it will be difficult to achieve them.

4. Re-evaluate Your Goals - If it seems that your goals are unattainable, you will want to consider whether your goals are just too complicated, or if you are suffering from a lack of confidence in your abilities to achieve your goals. Take the time to look at your goals and readjust them if needed.

5. The Significance of Your Goals - Continually tell yourself why your goals are significant. Remind yourself how by achieving the goals you've set you will achieve a happier and more fulfilled life. Understanding this is a critical factor in committing to your goals.

Keeping these considerations in mind while you set your goals, will help ensure that you are setting goals that you can and will achieve.

The Secret to Achieving Your Goals Faster

Setting goals for your life is the easy part, actually achieving them is difficult. It can be tough to maintain the motivation you need to stay on track and achieve your goals. While it can be tough, one of the best ways to turn your ideas into achievable goals and habits into lifestyles is to tell your friends and family about your goals and plans to achieve them.

When it comes to getting started on your goals, there is no magic pill or super-easy tip that will help you get started. The process is different for everyone. You have to tap into your motivation, whatever that may be, to help you get started on achieving your goals faster. Your motivation is more important than the tools you use, it is more important than writing your goals down, and it is more important than the challenges you will face during your progress.

Make no mistake, you will face challenges along the way, and that's why sharing your goals with people in your life is so important to achieving them. It is your friends, family, and coworkers that will be cheering us on as we work toward our goals.

How You Can Achieve Your Goals with the Help of the Collective

Promising yourself that you are going to exercise every day is all well and good, but the only person you're accountable to is yourself. If you can make excuses to get past your willpower,

there go your goals. There are plenty of ways that you can encourage yourself to stay on track, like keeping your goals easily accessible while you work on them. However, sharing your goals with your friends and family and keeping them updated on your progress holds you accountable for your actions, or lack thereof.

You may think that peer pressuring yourself into achieving your goals is counterproductive since you don't want your friends and family to see you stumble, or worse, fail. However, their support during challenging times and when you are facing setbacks in reaching your goals is invaluable. Their encouragement can help you get back on the right track, and keep you from giving up on your goals.

Starting Off on The Right Foot

Once you have the motivation to get started on achieving your goals, it's time to bring out the tools you need to get moving. While you can use a pen and paper to track your goals and your progress, you might want to consider taking the hybrid approach outlined below. Using a hybrid approach to start taking action on your goals allows you to leverage the power of the public eye to keep you on track. Here's what you'll need to get started:

- A pen and piece of paper
- A goal tracking tool that will allow you to share your goals with the public.
- A supportive group of friends and family to help keep you motivated
- A way to keep your friends and family up-to-date and informed on your progress.

Start entering your goals into whatever tracking tool you've decided to use, so you can get your goals out in the open and somewhere you can see them. Sharing them with the public will provide you with the accountability that you need to achieve any goal that you set.

Harness the Power of People

Now that you have recorded your goals in one place, it's time to start keeping track of them and reporting on your progress to the world. You can use any social media platform to help keep your friends and family up-to-date on your progress. Google+ (<https://plus.google.com>) works really well for this.

- To begin tracking your progress in Google+ create circles for each of the goals you entered into your goal tracking tool. Make sure to give it an appropriate title.
- Add your friends and family to each of the circles. Your friends and family don't have to sign up for Google+ to see your updates; you can share any Google+ post via email.
- Add a post to the circle to let everyone know what's going on. Let them know you are tracking your goals and that you are looking for them to keep you honest and lend their support if needed.

The circles that you create in Google+ have now become a semi-private social network that was designed specifically to peer pressure you into achieving your goals. The circles you build are easy to manage so you can quickly add or delete people as necessary. You now have control over how frequently you send updates and keep your motivation going and help you stay on track.

Keep Moving

Even when you are excited about the goals you've set, your motivation can be affected by many factors, including disappointments, challenges, and setbacks. To keep yourself moving toward your goals after you've lost motivation you have to face the situation, confront it, and then take active steps to correct it. When you lose the motivation you rely on to reach your goals, you have to do everything in your power to rekindle the fire. This is why enlisting the help of your family and friends is so important.

Now you have all the tools in place to be successful in reaching your goals. It's up to you to take the first step. Earlier we mentioned how hard it is just to get started on achieving your goals, and even though getting started is often the hardest part of goal setting, it's not say that you won't face many challenges and setbacks along the way. With any luck, you'll be able to find people who are working toward the same goals that you can talk to when you face roadblocks in your progress. Reporting on your progress, to those who care about you will also help keep you motivated in achieving your goals.

Once you have a support network established it's easier to keep going once you've started. Don't be shy about what you're doing, take pride in the knowledge that you are working toward goals that will lead to a happier more fulfilled life.

There is no time like the present to set clear goals to bring you a happier, more fulfilled life. While it isn't necessarily the easiest process to undergo, with the right determination and persistence, anyone can accomplish the goals that they set. It is important to remember that the best chance you have to succeed in accomplishing your goals is to set SMART goals. Goals that are Specific, Measurable, Attainable, Relevant, and Time-based. Enlisting your friends and family for support can help you stay on track and reach your goals faster. The most important thing to remember when working toward the goals that you've set is never to give up, no matter how many challenges you face or setbacks you endure.