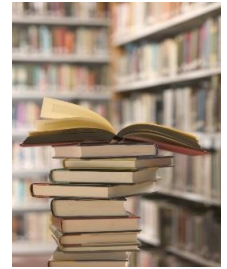





GOAL SETTING


My mother has a large library full of fiction and non-fiction books. I was scanning through them one day looking for a good old fashioned romance novel to sink my teeth into, but instead I came across a book called “GOALS” by Brian Tracy, it tweaked my interest because I had always gone through life just “winging it” and hoping for the best. So instead of the romance novel (which, let’s face it would have made me cry), I learnt about the importance of goal setting and how it can lead to realising your dreams sooner rather than later.



I have put together a few steps you can you take to help you get started.

1. Make them specific and realistic: E.g. I am going to run the comrades – not very realistic if you don’t even run around the block. Try: I am going to start jogging 5 days a week. Definitely sounds more do-able, doesn’t it?

2. They must be in writing -  this makes you more committed and motivates you into action.

3. They must be measurable otherwise you won’t know  when you have achieved them.

4. They must be achievable. If it’s a big goal, break it down into smaller goals.

5. Specify the time frame for achieving your goal.



6. Evaluate your goals. Keep monitoring on an ongoing basis. Be flexible – life is constantly changing and re-evaluation may be necessary, you may need to move the “goal” posts.



7. When you have reached your goal reward yourself, new outfit, dinner at your favourite restaurant or just a pat on the back.



Goals can be set in all areas of your life, personal, family, financial, retirement, your business or career. Start NOW and see how it changes your life.



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