
FRONT COVER:

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Foreword

What are a few of your biggest goals in life? To slenderize? To take in more money? To be on your dream vocation? To put together your own business? Would you love to live in abundance? To be in the finest health? To discover your life mate? To have a loving family? For any of these goals, have you ever experienced the resolve to achieve it, commit resources towards it, work at it for an long time period, only to have it flop eventually?. Get all the info you need to be successful here.



Scoring Your GOAL

The Secrets Behind Achieving Goals

Chapter 1:

Goals And Habits Basics

Synopsis

Imagine you've a goal to slim down and you decide to shed 30 lbs. You start great, curbing the amount of food you eat. You likewise start a workout program.

Day-after-day, you assess your weight to track your forward motion. Within the first few days, you start realizing a lessening in your weight. Elated, you carry on what you've been doing, but it seems that your actions have lost their effectiveness as your weight loss has stopped. If anything, it seems to be increasing slightly compared to your lowest weigh-in.



The Basics

You get discouraged. You start to free and overeat, reconciling that it's never possible for you to achieve the goal as it's in your genes or you plainly don't have the self-control.

You begin to put aside the whole notion of weight loss. Predictably, you start to gain back all the weight you dropped and more. This makes you even more depressed and you start devouring still more. At some stage down the road, you get a different urge to lose weight.

You start up the goal quest once more, more determined than ever. All the same, past events duplicate themselves and soon you're back where you started, if not in a more deplorable place.

Does this pattern of behavior go for to any of the goals you've decided to achieve before? Being entwined in a ceaseless cycle of setting the goal and trying to achieve it, but never really reaching it?

At this point in time, you feel brokenhearted. You settle that you're not meant to achieve this goal and choose to focus your energy on something else.

A lot of people are guilty of trying to undertake their goals using a series of trial and error approaches. They randomly throw their

energy out there with all they can on the few steps they acknowledge, trusting that this will get them to their destination. They address their goals in a hit-or-miss approach, and then hope that everything will turn for the better finally.

Although it could work in the short-run and on littler goals, it doesn't work with big, long-run goals.

For example, you could get away with dropping off 5 lbs of weight by merely eating less and working out more, but to drop additional weight and sustain that weight loss calls for proper technique.

Many individuals have this misinterpreted notion of goal achievement as they only come into contact with the events of others' goals. They're not tangled in all the thought-processes, intricacies and literal planning that went into the achievement of those goals.

Chapter 2:

Identify Your Goal

Synopsis

Your time and energy are extremely treasured, so it's better to invest a little parcel of time to set the correct goals. You don't wish to waste your efforts on ill set goals and end up crying over spilled milk after finding out you've spent your time vainly. You don't need to be blowing time on goals you never really wanted in the first place.



What Are You Aiming For

As you arrange your goal, you need to see to it that they stick with the principles below. These are what will guide you to decide the right goals so that you might pursue them.

1. Assure congruency with your life purpose.

Your goals have to be specified in the context of your life purpose. Everything in your life ought to be in line with your purpose. Your purpose is the focus for everything in your life.

If your goals and your purpose are not congruous with one another, it either connotes:

- a) Your goals are not in line with what you wish to achieve. If so, review them to perceive your central motives for listing them
- b) You've limited the definition of your purpose. If this is the case, try to build on the definition of your purpose.

Do you realize what your purpose is? By differentiating your purpose, you then have absolute clarity on your direction and focus in life. The last thing you need to do is to spend your whole life trying to grow apples when you truly wanted oranges.

2. Assure your goal is an 80/20 goal.

How much does this goal interest you? Is this goal a fundamental goal in your life - in other words, an 80/20 goal? Your 80/20 goal refers to the 20 percent of goals which when achieved, will give you 80 percent

of the collective happiness from achieving all your goals. What are these 20% goals, which really interest you? These are what you should begin centering on.

3. Grasp your motives.

Have you ever had an experience where you pursued a goal totally, only to distinguish you never truly required it? There are a few basic symptoms, which come out when you don't truly wish a particular goal: like self-sabotaging yourself in your goal quest, losing interest during the goal achievement process, feeling hollow after the goal has been achieved.

As you ascertain your goal, be unclouded on your fundamental motives. Your goal should be something that you truly wish, and not what others wish for you. How come you need this goal? Is it for you or for others? What will you achieve out of getting this goal? Being clear on your fundamental wants will drive you ahead in the times when you face obstructions.

If you find yourself setting a goal, which isn't what you truly wish but what others wish you to accomplish, it's a sign that you're chasing imposed purposes - purposes placed on you by others around you. It's the opposite of freeing purposes - purposes that are live creations by you and your cognizance.

Chapter 3:

Stay Focused

Synopsis

A few may say it's because we don't have the essential self-control to achieve what we set out to do. Some say it's because we're too busy or too deluged to take action on our goal.

My guess is it could be any of those things, but it's more likely that you've just set off down a path without your compass and you've started to lose your way.

Instead of speling off a list of things, you "should" do for whatever reason, sit down and think about what it is you truly wish to accomplish and set a solid intent for achieving your goal.

I also suggest that you center on only one or two intentions at once. Regardless what it is that you would like to accomplish, setting an intent may and will set you on a course for success.

Get Diligent

Here are 5 top hints to finally accomplishing your goal:

Hint 1

Get clear. In setting an intent, you're making it clear to yourself and to others precisely what you plan to do. Define the definition of what achieving your goal would be. For example, you know you've reached your goal of bettering your management skills once you consistently feel more gratified with your ability to deal with bad situations and motivate your people. You might even get that promotion you've been after!

Hint 2

Realize that an intent comes in several sizes and every large goal is filled with intentions big and little. With follow through, each intent will finally lead to success. For example, if your resolution is to better your management skills, your first intent might be to speak with your company to determine what skills and traits you might wish to center on.

Hint 3

Don't let confusion overwhelm your intent. You might have lots of passion about your goal, but passion without a plan is wasted energy and will finally peter out. Setting an intent to take a step towards your

goal every day will keep you on the correct path and help to clear away confusion.

Hint 4

Utilize your resources. Ask for what you wish and need from others. When you clearly state your intent and your request of others, you've the chance to gain a partner and a cheering section. For example, if you look up to someone's management style, ask him or her for tips and maybe even support. Chances are they'll be flattered and really willing to share advice.

Hint 5

Be accountable. Pick out your goals carefully by deciding what truly interests you. You could ask someone you trust to help keep you accountable. Nevertheless, nothing may take the place of honoring your intentions to yourself. You'll be astonished at how your self-esteem and sense of achievement will increase when you accomplish your goals.

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