

## **How to Set Your Goals - What results you want to achieve**

Knowing your goals makes it more likely you will achieve them. If you don't know what you want, how can you achieve it? Those who set goals do much better than those who don't. Some people become confused when asked to establish goals, or find it boring.

When achieving your list, please refrain from using should's, shouldn't's, must, and mustn't's and also try, as using the word try, is a possibility of failure.

Look at it another way.

What don't you want in your life? At work? At home? If you take the opposite of these, then you have got a list of goals.

Instead of saying goals, say results. What results do you want from your life? Does changing that word make a difference? Can you think of another word more suited to you? Often this makes a big difference, so now make a list.

Suppose you had all your concerns met. Imagine this now. What would you do in your life differently from what you do now? Write these down as your list of goals, or results

Think of areas in your life you might consider. For example, health, wealth, love, relationships, work, education, spiritual, etc. Use all the above techniques in these areas and write down your list.

Have you got a list of goals now?

Are you aware of how easy it is to change when you know how?