

# 7 Simple Steps to Goal Achieving Success

## START

YOUR GOAL ACHIEVING JOURNEY BEGINS HERE

## WORK ON YOUR MINDSET

You can begin to work on your mindset long before you tackle your first goal. Develop a positive, "glass-half-full" approach to every aspect of your life, including your thoughts about how you will achieve your goals. Read inspirational books, hang out with other motivated people, and believe in your own abilities. Work on your own attitude at every opportunity. This should remain a lifelong process.

It is quite possible that a new goal will necessitate learning a new skill or will require some form of personal growth. Figure out what new knowledge you will need, or what new skills you will have to develop. Find the best source for gaining this knowledge and invest wisely to develop the assets you need.

## DEVELOP YOUR SKILLSET

## FINISH

CONGRATULATIONS. GOAL ACHIEVED. ON TO THE NEXT GOAL. TURN RIGHT AND HEAD BACK TO THE START POINT. THE COMPLETION OF ONE GOAL IS JUST THE STARTING POINT FOR THE NEXT. SET YOURSELF A BIGGER, MORE CHALLENGING GOAL, AND SIMPLY FOLLOW THE SIMPLE 7 STEP PROCESS AGAIN.

# 1

## WRITE IT DOWN

Get your goal out of your imagination and on to a piece of paper. This then becomes a statement of intent. The process of writing down your goal forces the subconscious to accept the commitment you have made to work towards your target.

# 2

## SET A DEADLINE

Set a target date by which you will complete your goal. If your goal is a larger, more complicated challenge, break it down into smaller steps and determine a deadline for each separate step. Put these important dates into your diary or computerized planner.

## TAKE THE FIRST STEP

It is important not to procrastinate. The moment when real action is required is often when many goals fall by the wayside. You don't need to wait until everything is just right. Get started now and make adjustments as you go along. Take that first step. If you wait for the moment when everything is in perfect alignment you will never get started. Try to make your first step an easy one to commit to. This will encourage you to make it as soon as possible, so you quickly begin the journey towards achieving your goal.

# 5

# 6

## CONTINUE TO COMPLETION

The path to the ultimate completion of your goal is unlikely to be a straight and simple one. Do not give up when you come up against the first or any subsequent obstacles. Always keep the end result in focus, maintain your levels of excitement and enthusiasm, and keep moving forward. See each difficulty you encounter as an opportunity for learning and growth.

## REWARD YOURSELF

When you complete your goal it is important to reward yourself for this achievement. Look back over your accomplishments and enjoy the satisfaction that success brings. This will train the subconscious mind to focus on activities that produce successful results.

# 7