

How To Achieve Your Goals

Make sure that your goal is something that you *really* want.

Attach some emotion to it.

Write it down.

Create a time frame.

Develop a strategy (3-8 steps) to get from your current situation to your desired situation.

Define your current position, as it relates to your goal.

What it will mean for you to be at your goal.

Work through your strategic plan, taking special note of what is happening for you when things go well as well as not so well.

Look for patterns of behaviour, especially when you feel you are losing focus.

Celebrate your successes, no matter how small.

Remember, ACT AS THOUGH IT WERE SO. (so if you are striving to be fit, adopt the behaviours of a fit person from day one....don't wait until you are fit)