

# THE GOAL SETTING

## Success Guide

Always **Hit** Your Targets!



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# Foreword

Hello and Thank You for getting this eBook. I am Brenda Brown. I run my Home Base Business from my website <http://www.brendabrown.ceo/>

Let me ask you a question:

What are a few of your greatest goals in life?

1. To slim down?
2. To make more money?
3. To be in your dream vocation?
4. To assemble your own business?
5. Would you love to live in abundance?
6. To be in the best health?
7. To find your life mate?
8. To have a loving household?

For any of these goals, have you ever experienced the resolve to accomplish it, commit resources toward it, work at it for an long time period, only to have it flop finally? I did and that is why I have <http://www.brendabrown.ceo/>

Let's suppose you've a goal to slim down and you decide to cast off 30 lbs. You begin great, cutting back the amount of food you consume. You likewise begin a workout regimen. Daily, you assess your weight to track your advancement. Inside the first few days, you begin realizing a decrease in your weight. Jubilant, you carry on what you've been doing, but it appears that your activities have lost their effectiveness as your weight loss has stopped. If anything, it appears to be increasing somewhat compared to your lowest weigh-in.

You get disheartened. You begin to free and overeat, reconciling that it's never possible for you to accomplish the goal as it's in your genes or you simply don't have the self-control. You start to lie to rest the whole whim of weight loss. Predictably, you begin to acquire back all the weight you shed and more. This makes you even more downhearted and you begin consuming still more. At some stage down the road, you get another urge to slim down. You start up the goal pursuit once more, more determined than ever. Nevertheless, past events duplicate themselves and soon you're back where you began, if not in a sorrier place.

Does this blueprint of behavior go for to any of the goals you've determined to achieve previously? Being intertwined in a ceaseless cycle of setting the goal and attempting to accomplish it, but never quite reaching it? At this point in time, you feel heartsick. You reconcile that you're not meant to accomplish this goal and choose to center your energy on something else... Well help is here. I am here to Help You.

# Mistakes, Personal Experience and Strategies

A lot of individuals are guilty of attempting to undertake their goals utilizing a series of trial and error approaches. They arbitrarily throw their energy out there with all their might on the few steps they acknowledge, believing that this will get them to their destination. They handle their goals in a hit-or-miss approach, and then hope that everything will turn for the better ultimately.

Although it might work in the short-term and on littler goals, it doesn't work with huge, long-run goals. For instance, you might get away with dropping off 5 lbs of weight by simply eating less and working out more, but to drop off additional weight and sustain that weight loss calls for proper strategy.

## The Basics

A lot of individuals have this misconceived notion of goal accomplishment 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 accomplishment of those goals.

Have a look at Olympians. They don't win their medals because they merely blindly train daily. There are a lot of things that happen behind the scenes, like training by the most beneficial coaches, suitable diets, self-help courses to put them in the correct mindset, studying the correct techniques, and so forth. Microsoft didn't get to where it is today because of luck. It was by conscious strategizing and preparation that allowed the company to carve its particular niche in the market.

I've set and chased a lot of different goals in my life. My universal approach toward goal accomplishment in the past was to merely center on the goal intently and do everything I could to accomplish it. The most I'd ever done in terms of preparation was to simply distinguish my end target and engaged an arbitrary length of time in my calendar to work at it. That was it. Beyond that, it was all about just trying to get there. After all, that was what I believed success in goal accomplishment came down to. A mixture of one's want of the goal and one's doggedness.

While I did that, I confronted deviating successes depending upon what the goals were. For goals like making great grades, they were accomplished as long as I maintained assignments. Additional goals like bringing in more revenue, building my own business, and doing well in my previous job were all within my reach also, as long as I kept banging at them.

Nevertheless, there were particular goals I had trouble with. For instance, my dieting goal. I was never obese but I hoped to be slimmer. For the following 3 years, I noticed myself dropping time and energy attempting to hit the goal but bombing in the process.

I tried out all kinds of different diets. I attempted counting calories. I tried out different sorts of workouts, exercising daily, to not working out in the least. When I began on the goal, I'd come through in losing some weight in the beginning week. However, it never survived beyond that. After the beginning week, matters would go along status quo, and it was a matter of weeks before I'd go back to my previous eating habits, commonly eating more as well as I felt deprived.

It was absolutely puzzling and disappointing, as I couldn't understand how I'd get so much success with other goals, but not with a goal like slimming down.

Well, it wasn't because I didn't desire my goal enough. I unquestionably felt that I was as passionate about this goal as I was about other goals. I believed that perhaps I wasn't relentless enough about the goal. Nevertheless, if I wasn't, I wouldn't have expended years of my life working at it, would I? Something has to be wrong with the way I was attempting to reach the goal.

I finally got sick and tired of being on an emotional rollercoaster, questing after, and bombing repeatedly at this goal and beating myself up over it each time I bombed. I sat down to have a look at my state of affairs and name how I might truly hit this goal. I began looking around for tips. I was working at my business daily. In my daily work, I was always presented with big business goals and I had to deliver. I considered how I'd handle those goals to finally conquer them. Then it hit me what I was missing – a suitable strategy to accomplish my goal.

A lot of big companies breathe and eat strategy. That led me to my fruition. To put it plainly – If strategizing has been guiding multi-billionaire businesses to success through the years, wouldn't it add up to practice it in my personal life also, to accomplish the same degree of success?

I began employing the precepts I discovered toward my weight loss goal. I established a vision, distinguished the roadblocks I was facing, discovered counteracting techniques, made particular plans, did a tracking sheet, etc. Inside the 1st week, I could tell matters were changed this time. I recognized, with a deep-rooted sense of certainty that I was going to win. Sure as shooting, a year afterwards, I had dropped off 20 lbs. It happened so easily that I questioned why I was fighting with this goal for so long originally.

Then I recognized as long as I utilize the same operative precepts and abide by the same formula, that I'd realize similar success as well. And that was what occurred when I employed it for all my goals from then on. All of a sudden, goal accomplishment became much simpler. The doubt that used to surround the success of my goal quests dried-up in the face of this newfound perceptivity. It felt astonishing, as it was like I had exposed a secret.

Although time and energy still have to be invested, the action of goal pursuit has twisted into a predictable science. I recognized as long as I abided by the same process in all my goals, I'd decidedly face certain success and triumph.

I've put down the fundamental elements of what I was doing so as to share it so you can get the same success too.

## **Viper-The Foundation To Goal Achievement**

V-I-P-E-R is a 5-step model, which lists the five crucial steps for successful goal accomplishment. These five steps are:

- **V**isualize: Truly visualize the goal
- **I**mplement: Implement techniques to succeed in the goal
- **P**lanning: distinguish plan factors based on the techniques
- **E**xecution: Get moving on the plan and goal
- **R**ecap: evaluate the outcome and future steps

**VIPER** is actually a term that is used for several different things... snakes, cars airplanes...things with power. With VIPER, you'll discover that it gives you the might to crack even what appeared to be the most difficult goals in the past. Goals you never believed doable will begin coming within your reach, and in a matter of time, subdued. I personally utilize this framework to accomplish my long-run goals and it's worked marvels in achieving my goals.

Don't let the simple appearance of the model fool you. While these five steps appear very easy by themselves, they're the core of successful goal achievements, particularly for big goals where the 'What' and 'How' toward accomplishing them becomes subtle. That being stated, VIPER isn't a miracle pill which omits the hard work to accomplish goals. VIPER isn't an elixir which lets you accomplish your goals without hoisting a finger. At the end of the day, you still need to put in the time and energy for your goals.

But with VIPER, you'll discover the goal accomplishment to be significantly simpler. Rather than success being a random, hit-or-miss event, it will become a predictable, securable outcome.

You'll begin seeing your goals come to fruition and wonder why you fought so long with them in the first place.

## **VIPER**

You frequently see a lot of other self-help authors expounding different techniques to goal accomplishment. A few discuss how goal accomplishment is all about not shilly-shallying, being motivated, relentless, self-disciplined, 'just doing it', etc. At best, these can be fluffy, air-filled techniques for goals. While these tools are crucial to be sure, they don't provide you any insights as to 'what' precisely are the central steps required to accomplish your goals.

Doggedness and want may take you far, but they may only take you so far without a suitable strategy to hold everything united. You surely can't rely on doggedness and want alone to accomplish your big goals. A smarter, more integrated approach is required instead of simply haphazardly trying different things.

What is deficient is a holistic, single system that captures the key crucial steps for successful goal accomplishment. VIPER is an undivided, holistic model that covers all that's to be done in goal accomplishment, from beginning to end. It kickoffs with the visualization of your goal, to beyond your goal, where you recap what you've done and the lessons you are able to follow for the next time. It maps the cardinal steps you need to do for each goal you quest after, and guides you throughout the entire process.

Things to recognize about VIPER:

### **1. Good for any goal.**

What goals are you going after? Getting a job you love? Slimming down? Increasing hits on your blog? Arranging your business? Bettering your health? Purchasing a new house? Constructing stronger relationships?

Regardless what goal you have, VIPER is wholly applicable and relevant. In brief, it may be utilized for literally any goal in the world. If we take the example of constructing a bridge, this is what we'll see with the model:

- **Visualize:** Truly visualize building the bridge
- **Implement:** implement techniques to build a bridge, like overcoming wind resistance, seeing to it the bridge can support its own weight, amidst others
- **Planning:** distinguish plan factors like bridge location , size of team, safeguards, precise sort and number of materials to use in construction, and so forth
- **Execution:** employed workers, secured construction materials, began actual construction of the bridge

Recap: evaluated the final structure.

### **2. Every step is needed in the success of the goal.**

They're separate parts of a system that make it whole. Attempting to omit any of the steps will endanger your chances and level of success.

### **3. The steps happen in sequence.**

The steps happen in sequence – implying the first step needs to be complete prior to going to the second, etc.

Therefore, every step ought to be specified as precisely as possible prior to moving to the next to preclude disruption and rework.

Say for instance, you determine the goal for yourself to drop off 20 lbs. You arrive at a series of techniques and plans.

Nevertheless, as you begin dropping off the weight, you discover yourself feeling wore out, unhealthy and appearing weak.

You recognize that you don't just want to lose 20 lbs of weight; you really simply want to be fit.

Since the cornerstone of the goal is different, this alters the steps, like an expanded focus on training, selecting healthy foods, rather than simply slimming down.

The further you are in carrying out the goal and the larger the magnitude of alteration in the initial step, the harder it will be to re-script your plans to reflect the change. Therefore, it's crucial to be stringent with each step of the model.

### **4. Advancement through the steps represents your goal being evidenced in your mind to physical production.**

As you begin with the beginning step, it's basically a creation in your brain. As you move through the steps, you're basically taking that virtual creation in your brain and giving it physical form and shape in our world.

### **5. Better fitted for medium to huge goals.**

VIPER is a model for attaining your huge goals, which you've attempted to accomplish but haven't succeeded, or you feel are too overpowering for you. If you've little goals, which you're fairly confident about, it may be quicker and more effective to forge ahead and conquer them.

Going through each of the five steps requires investing of time and effort, which may not pay off, with modest goals.

The bigger the goal, the more essential the role VIPER.

## **6. Gets you ready for success in your goal.**

Holding this orderly approach to goal accomplishment helps dramatically step-up your chances of success for 2 reasons:

First of all, if there are Issues with accomplishing the goal, you are able to always review and discover exactly which stage the issue bobbed up, then fix it from there.

Secondly, it sees to it that all bases are covered and you don't leave any stone unturned.

## **About Your Goals**

In Visualize, you establish the goal that you're going to be questing after. Since you're reading this goal accomplishment book, you likely already have a goal in mind, which you wish to accomplish. Yet, visualizing your goal is more than simply naming a goal you wish to accomplish. There are numerous factors to consider to see to it that your vision is rich, precise, and above all, what you truly want.

Regrettably, rather than investing quality time on this step, a lot of individuals make the error of being hasty. They jump past suitable goal setting and straight into the preparation and carrying out. At the end of the day, they wind up doing a lot of backtracking and rework as they didn't set the goal the right way in the first place. A few of them really accomplish their goal, and then discover that they didn't want the goal anyway.

## **Get Your Goal in Order**

Your time and energy are exceedingly precious, so it's better to invest a little portion of time to arrange the right goals. You don't wish to waste your efforts on ill set goals and wind up crying over spilled milk after discovering you've spent your time in vain. You don't want to be blowing time on goals you never truly wanted in the first place.

As you set your goal, you need to see to it that they stick to the precepts below. These are what will guide you to determine the correct goals so that you may go after them.

### **Guarantee congruency with your life purpose.**

Your goals need to be specified in the context of your life purpose. Everything in your life should be in line with your purpose. Your purpose is the centering



for everything in your life.

If your goals and your purpose are not congruent with each other, it either implies: a) Your goals are not in line with what you very wish to accomplish. If so, review them to comprehend your fundamental motives for listing them

**You've limited the definition of your purpose. If this is the case, attempt to build on the definition of your purpose.**

Do you recognize what your purpose is? By distinguishing your purpose, you then have conclusive clarity on your direction and focus in life. The last thing you wish to do is to spend your whole life attempting to grow apples when you really wanted oranges.

**See to it your goal is an 80/20 goal.**

How much does this goal interest you? Is this goal a central goal in your life – put differently, an 80/20 goal? Your 80/20 goal refers to the Twenty percent of goals which when accomplished, will give you eighty percent of the collective happiness from accomplishing all your goals. What are these 20% goals, which truly interest you? These are what you ought to begin focusing on.

**Comprehend your motives.**

Have you ever had an experience where you chased a goal totally, only to discover you never truly required it? There are a few common symptoms, which come out when you don't really want a specific goal: like self-sabotaging yourself in your goal quest, missing interest during the goal accomplishment process, feeling empty after the goal has been accomplished.

As you determine your goal, be unclouded on your fundamental motives. Your goal ought to be something that you truly want, and not what other people want for you. How come you want this goal? Is it for you or for other people? What will you accomplish out of getting this goal? Being unclouded on your fundamental desires will drive you ahead in the times when you face obstructions.

If you discover yourself setting a goal, which isn't what you truly want but what other people want you to do, it's a sign that you're chasing after imposed purposes – purposes placed upon you by others around you. It's the opposite of freeing purposes – purposes that are live creations by you and your cognizance.

# Hints on Technique

As you consider your goal, think of what are your techniques to accomplish this goal. What is going to be your design for success? What may you do to attain this goal? Regardless how big your goal is, there will be a fundamental set of patterns which will let you subdue it.

Here are eight maneuvers to develop your technique.

## Strategies

### Comprehend The Goal Thoroughly

What do you understand about the goal? What is all the data you need about the goal in order to accomplish success? What does the goal make up? What is the opening move that exists between you and the goal presently? List all the data and knowledge you have that you believe will play a crucial role in accomplishing your goals.

### Use Existing Resources

As you're collecting the data, think of the existing resources you can use in your goal quest. There's an astonishing wealth of knowledge and experience around you, which you are able to use. Among the methods will be reaching out to individuals who have attempted to accomplish the goals or even attained the goals previously. If possible, seek mentors or coaches to assist. Additional sources include the internet sites, books, podcasts, and net communities, acquaintances, just to name a couple.

### Discover Your 80/20 Path

After you've received all the knowledge on your goal, distinguish all the paths you are able to take to reach it. Consider all the likely ways that may be attempted to move toward your goals. Brainstorming plays a crucial role here, as you need to leave no stones unturned. Go crazy with your thoughts; truly think out of the box! Out of all those ways, which is your 80/20 path? The 80/20 path refers to the way which gives you the most advantage for the least effort, as contrary to other paths which might provide you low reward for low effort, elevated reward for elevated effort, or low reward for elevated effort.

### Distinguish the 80/20 Actions

After you've distinguished your 80/20 path, distinguish your central mainstays of success. Central mainstays of success are the few action steps, which

provide you the bulk of the results; they utterly need to be carried out for your goal to be a success. The 80/20 rule means; the 20% of actions you set about which give you 80% of results.

### **Pre-empt your obstructions and distinguish solutions to solve them**

Envisage that you're now following up on your goal utilizing your 80/20 path and central mainstays of success you've identified above. View the scenario as vividly as you are able to in your mind. What obstructions do you predict standing in your way of success?

If you've chased this goal in the past, what made you fail? Write all these obstructions down and rank them in order of importance.

The greater the obstruction in steering you away from the goal, the greater the rank.

From here, begin brainstorming ways to get rid of the roadblocks. Once you do this, you'll have a set of quick solutions at your disposal when you confront these obstructions later. Rather than getting distracted in the midst of your goal quest to troubleshoot those roadblocks, you are able to easily brush them away with the resolutions you've developed.

## **Writing Self Affirmations**

Have you ever been told: Affirm Yourself? You likely have read how to utilize self-affirmation when you wish to slim down, step-up your self-respect or control your temptations to fall into your habit-forming behaviors with drinking, food, sex, betting or substances.

Presently we all are learning about the Power of Attraction. It states that the more you're positive about what you wish to accomplish, gain or achieve in life the more likely you will attract it to you. The power of attraction is successful however only when you utilize self-affirmations saying how you will be when you accomplish what you wish to attract. Sounds great -doesn't it! So these self-affirmations how do you write them?

## State It

Discover what you have to affirm yourself for: execute a self-assessment to decide what you wish to affirm yourself for. Identify one matter at this point in your life you most wish to accomplish.

Make your affirmations favorable: Once you've worked out the one matter you wish to accomplish in your life, you're now ready to author your self-affirmations. You need to write the affirmations in favorable language. You need to keep them short one-sentence statements. You need to keep them on the subject that you're working on.

Make your affirmations visual: You need to make certain that you are able to visualize the affirmation statements. You need to be able to envision in your mind what it would look like in reality once the affirmations are accomplished.

Author no more than fifteen affirmations per item you're working on: You need to write five affirmations in these three ways: I can...; I will..., I am...!

Author I can ... affirmations: The beginning set of affirmations are statements of your possibilities. They start with I can... You have to state that you have the potential to accomplish what you wish in your life. These statements are meant to give you hope that you will believe in your ability to accomplish that which you're affirming.

Author I will... affirmations: The next set of affirmations are affirmations of your dedication. They start with I will... These statements commit you to working hard on accomplishing that which you wish to gain in your life. These statements are meant to give you a sense of purpose and direction so that you've your goal in view all of the time!

Author I am... affirmations: The last set of affirmations are statements of your being what you wish to accomplish. They start with I am... These affirmations confirm that you are that state of being which you're working on attaining. These statements are meant to give you a behavioral rehearsal of thinking, feeling, and behaving as if you have already accomplished that which you're aspiring to attain in your life.

Put down your statements: Once you've completed the I can..., I will... and I am... affirmations put them down in your journal to be utilized in your self-affirmation work which follows for the following thirty days after you've completed all of the above steps.

# Stay Motivated

Motivation makes you feel as though you're full of life and ready to accomplish anything you have to in order to accomplish the goals that you've set for yourself.

## Keep Going

Motivation...we're all giving chase to it, but few of us comprehend it, or why we lose it first of all.

What is implied by motivation?

Motivation is the innate desire to accomplish a goal, blended with the passion and vitality to work towards accomplishing that goal. People who are motivated have a want to take on fresh ventures and satisfy the requirements essential to finish the undertaking.

Motivation is a characteristic that we all need in order to accomplish anything in our lives. Without motivation, we'd all merely give up at the slightest inclination of hardship. Motivation is the initiator that inspires and encourages us to be our finest.

Somebody who's motivated will do anything it takes to be successful in accomplishing their goals. Motivation may alter your life by inspiring you to get everything you wish out of life, regardless what others try to tell you. It's possible for somebody who's stricken by poverty to become motivated and turn everything around into a life of abundance.

Motivation provides us the passion that we require to start exploring our options in life as well as the bravery to see these aspirations through to reality.

If you're distressed with your present situation, it's most likely due to the fact that your present situation doesn't motivate you. You have to take it upon yourself to determine what it is that you really want out of life. Consider the type of life-style that you wish to lead and the sort of career you wish.

When you know what makes you happy and alter your life centre, you'll be excited to leap out of bed each morning.

Why we drop off our motivation:

3 basic factors lead to the loss of our motivation, they are:

1. **Deficiency of direction.** You won't be motivated to accomplish your goals if you don't understand what those goals are.
2. **Deficiency of self-confidence.** Trusting you'll fail is the best way to see to it.
3. **Deficiency of focus.** Not recognizing what it is that you wish will lead to wondering if you even wish anything at all.

### **Hints on how to remain motivated:**

If you lack motivation, you likewise lack ambition, exuberance and zest. Motivation makes you feel as though you're full of life and prepared to do anything you have to in order to accomplish the goals that you've set for yourself.

When you discover your motivation, you'll be more pleased, you'll have more vitality and you'll be able to see the favorable results clearly in your brain.

You have to enhance the motivation inside you and waken your inner power to push yourself in the direction of accomplishing your aspirations, regardless how great or small they might be.

Here are a couple hints to help you discover your motivation and hang on to it: Arrange goals. If you arrange goals for yourself, discovering the motivation to accomplish those goals will come easier.

Complete everything you begin. Make a promise to yourself that regardless what occurs, you have to always arrive at the finish line.

Unify with like minds. Favorable attitudes appear to be contagious. Encircle yourself with like-minded individuals who have the motivation that you seek.

Don't postpone for tomorrow what you are able to get accomplished today. If you dilly-dally, you'll get lazy and lose all motivation to succeed.

Never quit. Patience and doggedness to keep going and remain strong regardless what comes along will provide you the motivation you require to succeed.

Perpetually remind yourself that you are able to win. Envision your goals and how pleased you'll be when you've everything you wish.

# Base Your Goals on Your Values

Put ruling values at the base of the goal setting procedure. Each goal needs to be linked specifically to a regulating value. For instance, if variety in the workforce is a value espoused by your organization, then at any rate one goal must further variety. Each goal ought to be linked to a regulating value.

Short-run, mid-term and long-run goals are then based on the solid foundation of your values. If the goal you set is congruent with and lets you live your most significant values, you're more likely to achieve the goal.

## What's Important

Arrange goals in all aspects of your life, to sustain your life balance. The balance likewise helps you achieve goals as every aspect of your life is exemplified in your goals. You're less likely to go through warring priorities if each aspect of your life has a value-based goal.

Arrange goals in these areas. Loved ones and Home Financial and Occupation  
Spiritual and Moral

### **Physical and Wellness Sociable and Cultural Mental and Education**

Till one is committed, there's reluctance, the opportunity to pull away, always ineffectiveness. Regarding all acts of initiative and creation, there's one primary truth the ignorance of which obliterates countless ideas and brilliant plans: that the minute one decidedly commits oneself, then providence moves also.

All types of things happen to help one that would never otherwise have happened. A whole river of events comes forth from the decision, raising in ones favor all fashion of unexpected incidents, meetings and material help which no man could have dreamed would have come his way. Whatever you are able to do, or dream you can, start it! Nerve has genius, magic, and power in it.

### **Trust you are able to achieve the goal:**

Each of us bears a little voice in our head. It's the voice of our subconscious mind, judging self. On a day-to-day basis, we lock in self-talk; we judge every situation we encounter. We talk about events and plans in our minds. Our commentary is both favorable and damaging.

Favorable ideas and planning support the achievement of our goals. Damaging ideas and comments sabotage our self-respect and self-assurance, and negatively affect our ability to achieve our goals.

Hear your voice. You are able to alter its tone by trusting in yourself and in your ability to achieve your goals and resolutions. Utilize this unconscious critic to

positively confirm your goal setting success.

### **Paint a brilliant final result:**

Traditionally, goals were instituted around measurable results. This works well if the results are measurable. Don't tie yourself to arranging only measurable goals, however; you might find yourself centering on the trivial, as it's measurable, instead of on your most significant results. Occasionally the most significant goals, the non-urgent, vital goals, are difficult to measure.

"Research alternatives for a business in the net", is hard to measure, whereas the steps, when you make a conclusion, are simple to measure. "Study about fresh options and thinking around performance management", is hard to measure in any substantial way. The following step, "design a fresh assessment system", is simpler to specify and measure.

With goals that are difficult to measure, begin with a picture in your brain that you place on paper that describes the result you're looking for. Make the picture as brilliant as you are able to.

## **Check Your Progress and Take Action**

Among the weaknesses of any yearly assessment system is the lack of frequency with which progress and success are assessed and tracked. You're most likely to achieve the goals you set if you go over them every day as part of your normal planning process.

### **Get Moving**

Whether you utilize a paper planner or a hand-held microcomputer, you are able to enter your goals, and schedule every day and weekly actions that affirm their achievement. The discipline of the everyday recap is a powerful goal achievement tool. Merely tracking your goals every day isn't adequate. If you're unhappy with your forward motion, you have to evaluate what is keeping you from achieving the goals. Ask yourself questions like, "Is this goal truly crucial?"

Are there particular obstacles you are going through which are interfering with your power to achieve the goal?" If you are not making progress on a specific goal, try to do a cause analysis to decide why. Only by truthfully examining your lack of progress may you determine steps to take to change this picture.

Even the achievement of a minor goal is cause for festivity. Don't depress yourself with thoughts about all you still have to accomplish. Celebrate what you've accomplished. Then advance to the next milestone.



Periodically look at the goals you've set for this year. Are the goals still the correct goals? Provide yourself permission to alter your goals and resolutions based on changing conditions.

Don't spend a whole year failing to accomplish a specific goal. Your time is better spent on accomplishment than on beating yourself up for lack of forward motion. Perhaps you made the goal too huge; perhaps you set too many goals. Do a truthful appraisal; change what has to change periodically, and march on.

## **Wrapping Up**

In the quest of your goals, you'll without doubt face matters that swerve you off track. It's all right to be frustrated in the process. Face your letdown, learn how to cope with it, but don't let yourself be plagued by it.

As long as you carry out the VIPER model, you'll experience success with your goals. Regardless how hard a goal may appear to be, it will be possible to accomplish it.

If you feel the goal appears unattainable, it's because you haven't uncovered the fundamental set of patterns and paths that let you accomplish it. When you successfully do that, you'll find that the goal is exceedingly accessible.

Remember that the earth's most successful individuals have set huge goals and accomplished them as they kept their steadfast vision. When you properly draw up the map associating you to your end destination, all it takes is doggedness before you finally accomplish your goals. As you go after your goals, remember to savor the journey.

Goal accomplishment is but one stop; the journey is the longest of the whole procedure. You must embrace it and enjoy it.

To find out more visit my site @ <http://www.brendabrown.ceo/> where I share abundance of information. You are MORE than welcome to also contact me on Facebook if you would like to have a chat there.

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