

12 STEPS TO GOAL ACHIEVEMENT

Adapted from Anthony Robbins' series, "Unlimited Power"

1. Make an inventory of your dreams.
2. Choose when you expect to achieve each.
3. Pick two long-term and two short-term goals.
4. What are your reasons to achieve these? Why will you do it? What would this mean to you? Notice the difference between "passionate about" and "just interested in".
5. What are your resources? What tools do you have? Create a list of the character traits, skills, and people you need to achieve your outcome.
6. Draw from the past – when did you do something particularly well?
7. Describe the person you'll be when you achieve the goal – have a good grasp of the components of what it takes to achieve all you desire.
8. What's stopped you before? What's held you back in the past? Identifying this will help you change for future betterment.
9. Create a step-by-step plan and map it out. You don't build a house without blueprints or a plan. Work backwards step by step.
10. Model someone who's done what you want.
11. Create your ideal day – where are you and what are you doing? What is it like in the morning, and at night when you go to bed? How do you feel? Everything starts with a creative idea in the mind.
12. Design an environment that will bring out the best in you. The brain needs clear and direct signals – the clearer you program it in your mind, the easier it will be to get the results you want. Results are inevitable. Don't leave results to chance or let others control your results – empower yourself! (the pain of discipline weighs ounces while the pain of regret weighs tons)