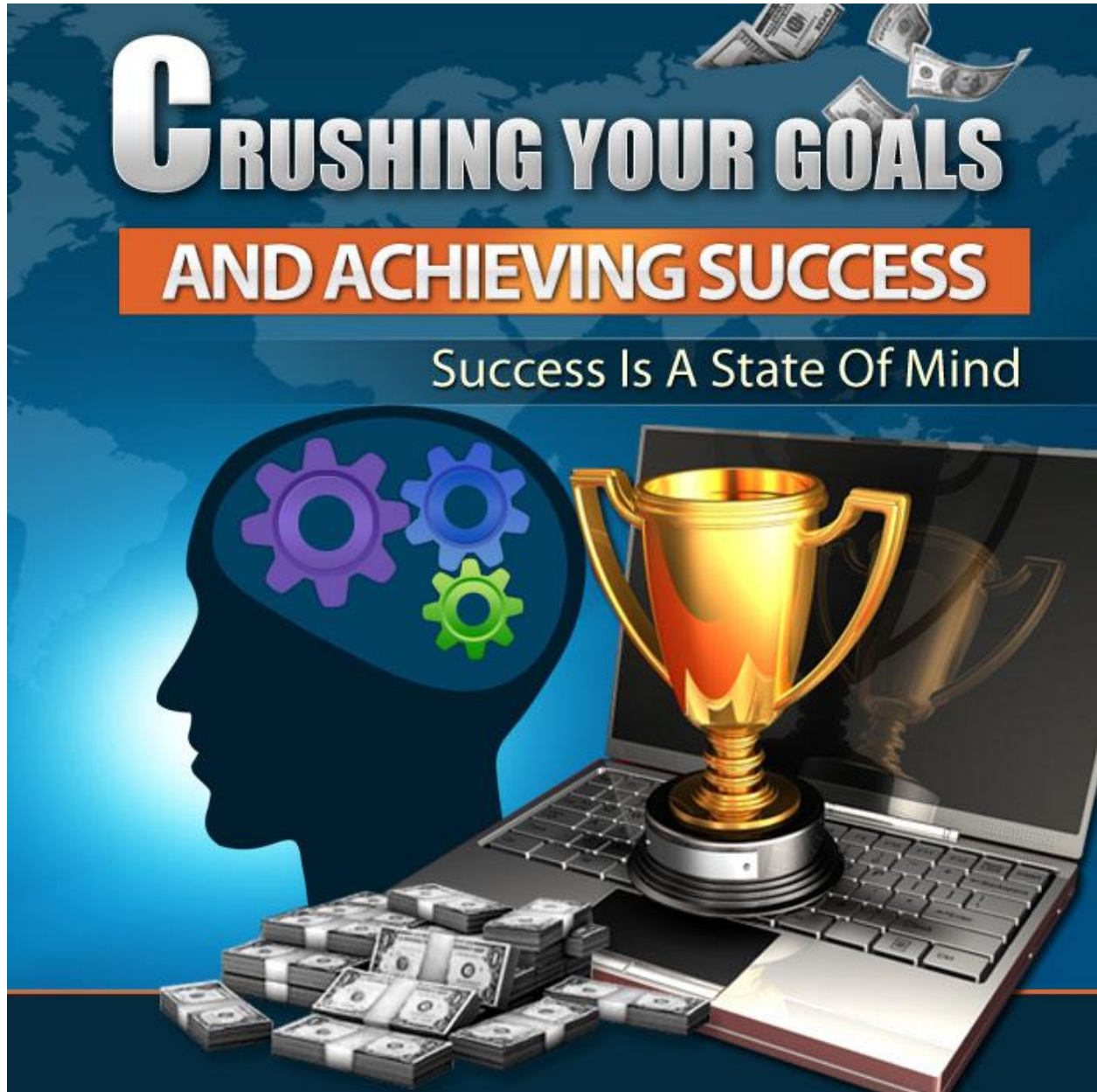


# Crushing Your Goals and Achieving Success



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## GOAL BASICS

There are already millions of words written about the setting and achieving of your goal, which are practiced by millions of people as well. But still, most of the goals created are not fulfilled. Here are some significant tips that will help you accomplish better the goals that you have.

1) Your goals should be original.

This doesn't mean that such goals need not to be somehow similar or same as the other goals of other individuals. It just means that you should have your own goal, not a second hand one. Many people are practicing to have their goals based from the expectation and hopes of their cultural norms, society, parents and teachers. This results to cases that wherein you cannot hold such goals for long periods of times. Remember that setting a goal truly means that you should earn fulfillment and happiness as you accomplish it.

Practice setting goals that are originally yours, not that assumed or inherited. If it is not just from you, what will be the meaning of it? Accomplishing them will not give you that happiness and fulfillment in life.

2) Your goals should be inspirational.

Your passion must represent the kind of goals that you have. It should not be any promise or simple wants that you want. It must be something that will drive you to strive harder and be fulfilled in the end as you obtained it.

Passion is that something which pushes you to do whatever it takes to have your goals. It keeps you on the track. It strengthens your concentration and motivates you. It is the passion that inspires you and leads you to the right way going to your desired goal.

3) Your goals should be harmonious in nature.

All your goals must be according to your perspectives and dreams in life. They must not contradict one another.

Do them one at a time since working with them simultaneously will not help you at all, leaving your stresses out of your way. Recognize who and what you are. Base from it the set of activities and goals that you will have.

4) The goals of you must be realistic in nature.

The goals that you will be setting must be accomplishable within a lifetime framework.

Realistic goal doesn't mean that you must have the usual goal of everybody. There are goals sometimes which seem unachievable for everybody but determined persons were able to do so, such as building a personal computer at home, attempting to soar high a bicycle using motor and wings.

These goals are attainable and do not let anybody set a limit for you.

5) Have idealistic goals.

The goals of you must be based from your personal ideas and from who and what you are as of today. They should be created based from the different aspects of you, such as the environmental and physical, relationships and emotional, financial and material, ethical and spiritual, and educational and mental aspects.

Set the goals in accordance to your ideals in life. In this way, you can have a happy and satisfying result. On the other hand, if you will be having the unrealistic ones, there's a great chance that you will end up getting unsatisfied and bored.

6) Make your goals specific.

You must have a specific goal in order for you to be able to do the right attack towards it. If you want to be a rich person, specify how you will consider yourself as a rich person.

7) Your goals should be flexible.

Several individuals miss the chances of gaining their goals because their concentration with those goals is too extreme and constricted to recognize better goals as they go. Ensure that you will concentrate in achieving your goal and not with the method or ways on how you can have it.

8) You must visualize your goals.

Visualizing your goals in life will help you a lot and will serve as your motivation through the way. Imagining them makes them more realistic and believable, thus ending up in energizing you and inspiring you to strive harder in obtaining them.

9) You should affirm your goals.

You must believe in yourself that the goal that you have is attainable and let everyone know about it so they can contribute to your achievement process. Keep it in your mind that if you will not believe in your goal, then you can never have it. If you will not have passion for it, then you can never attain success. You must be that someone to speak about your goal.

10) Have a timely set of goals.

It is in time and space where everything exists. Set specific period of time for the goals to become true or you spend lots of your time in achieving only one and will never have any fulfillment at all.

11) You must have a list of all the goals that you want to achieve.

It has been proven through studies that people who jot down their goals have higher ability of accomplishing their tasks rather than those who only list such goals in their minds. People who don't have a list of their goals are more likely to withdraw from the achievement process.

But still there are some individuals who manage to set and achieve their goals successfully, even without writing them down. Do not pretend that you are one of those. It is much better to write them down since it is not guaranteed that you are still going to remember all the goals that you have after a long period of time.

## **STOP FANTASIZING**

Sometimes, it seems that you are living in a world of fantasy. Entertainment is the way people use in order to fantasize and escape from the happenings in the real world. Fortunately, some gain gratification from this form of entertainment.

Let us know about the reason behind this act of fantasizing and the implications that they bring about. Someone needs to have an unbelievably responsive mind so he will be able to observe that he is always eliminating or adding something, which is the act constantly fantasizing.

This act of fantasizing every now and then can lead to a corrupt mind which is always in a clash and unruly. Whenever you fantasize something, there can be a great chance that you are going to lust after it. Thus, it is pushing you to do inappropriate activities.

Living in a world of fantasy will not let you have a chance to see the real world as it is. If you will be analyzing it more, you will know that your fear and greed is responsible. These two factors are habitually the reasons behind the way most people react about life.

It is important to know what the causes of such greediness and fear are. If you know on how to see something in an entire face, you will know how to attack that conflict correctly.

Fantasizing results in that someone having certain expectations. It provides continuity to your occurrences of pain and pleasure. You will realize that something which happens because of fantasizing is not worthy at all.

So stop fantasizing now and start achieving the real goal that you have in this real world for the real satisfaction lying ahead of you.

## **START COMMITTING**

Being a goal-oriented individual will help you a lot in achieving the goals that you want in life. This term has been given much importance during the old times but later has been losing its significance to the people of this society. In this book, you are to know about the main purposes of being a goal-oriented

individual and of goal achievement. This may not let you organize yourself in a better way, but will surely help you attain true success and changes in life.

The term goal is defined by a state which you want to achieve together with a difference that you have been aiming for. And in order to achieve such goals, you need to do necessary decisions and actions. Reaching your goals is significant since undergoing the process will give you much experiences and learning which will transform you into a better person. Such transformation will open quarters for improvement which will later pave to success.

In addition to that, one more advantage as a goal-oriented person is that you will obtain an excellent capability of thinking in longer time. It is very evident that people are looking in life with short terms only, often leading to big obstructions that they encounter as they make developments within their existence. On the other hand, the goal-oriented individuals are usually long terms and practice doing things as early as their schedules will let them because they believe that time will come and this activity will give them advantages.

It is a fact that not everyone can be flexible enough to be goal-oriented ones. It will not be easy for you in the beginning to decide on whether which goals you are going to give yourself since you will be obliged to take long and strong efforts to reach them. While reaching these goals of yours, you will just realize it that you have been a better individual and have been learned many things which you can apply all throughout your life.

Before reaching your desired goals in life, setting them up first will help you have a long term view of existence. It lets you concentrate and focus more on the long tenure objectives as it gives you the chance to think on how your present actions will affect your life in the near future. The things that you are doing nowadays in order to develop yourself will surely determine who you will be and what kind of life are you going to have in the future. This is something that you should acquire as you go along with the process of attaining your goals and people must have an apparent mind set about goal-obtaining.

Now that you know something about the goal achievement and its big significance in one's life, it is the time for you to start planning and improving your life by the abilities and vast power which you will obtain as you go through goal attaining. Start practicing to be a good goal-oriented person.

## **START STARTING**

Everyone surely has their own dreams and goals in life. But it is very evident that most people just keep on dreaming and never tries to do something in order to attain those dreams of them. What they is just keep on looking back and miss the opportunities as they make the same goals all over again. You need to do something in order to make your goals come true.

Do not wait for the other people to encourage you to achieve your goals, but be the one to encourage and show them that you can have those objectives of yours. You can make this by the following these pieces of advice.

- Do your works in efficient ways in order to avoid interfering problems as you go along the way. These problems often spoil the activities that you are having for your goal.
- Make sure of it that as you achieve your goal, you will not affect anybody. Influencing them towards the right track can be considered.
- Whenever unexpected troubles will occur, respond to them in a professional, efficient, good manner and appropriate time.
- Take with you the learnings that you are having each time for these will help you as you attain your goals in life. This will lead you away to unnecessary problems.

Have time to think about what your goals in life are. You have plenty of time in resting and entertaining yourself. Try to steal some time from those and meditate on how you can improve yourself more and your way of living.

Think like no one will be there to save you and you yourself should be responsible enough in shaping your future and your life. You have to do something in order to improve the situation and spread effort and time to your achieving process.

Do not ever remain effortless and stagnant if you want to have a change in your life. Dream high and be able to reach them.

## **VISUALIZE PROCESS NOT THE OUTCOME**

Do you know that you have a great power which most people do not imagine of? The super rich and elite ones use this. Most of the people who are now in their peak performances use this technique. This very powerful activity is called the “visualization”.

The daily routine of visualizing the dreams that you have in life helps you in achieving such dreams, ambitions and goals in a faster way.

As follows are some important things which are accomplished as you practice visualization of your dreams.

- Your artistic subconscious is activated. This starts producing creative ideas that can serve as your platform in achieving our goal.
- Visualization programs your mind and brain. Through this, you will be more ready in recognizing and perceiving the resources that you need to be able to accomplish your dreams.
- The attraction law is being activated, thus bringing to your life the circumstances, people and resources that you need in attaining your goals.

- Your internal motivation is being built, motivating you to strive harder in to obtain your goals.

Visualization is considered really to be a quite simple way of entertaining yourself. You will just simply choose one area where to relax, close slowly your eyes and start imagining of things in a way that you want them to be.

There is also a visualization process referred to as the “mental rehearsal”. In this method, you are required to set a time daily when you will be setting aside everything first. The most common times of the day when this process is being done by the experts are when they woke up in the morning, before going to bed or after praying and meditation. In short, choose the times of the day when you are most relaxed.

**Follow the three recommended steps below:**

1) Imagine being inside a movie theatre with the lights dim and the movie is about to start. The movie is all about you doing all things perfectly as you want them. Observe the important details that can help you such as your face expression, clothing, some movements of the body and the kind of people and environment around you. You can also add some hearing effects like music, other people chitchatting, traffic or cheering. Lastly, rebuild within your body any feeling which you think you will be experiencing as you do the activity.

2) Stand up from where you are sitting, walk towards the screen, open an entry through it and go within the movie. This time, experience all things again from within you by looking out to your eyes. This type of activity produces an embodied image, not a distant one. Through this, the bang of experience will be intensified. Once again, take a look in everything in a stunning detail, feel the feelings that you should feel and hear the sounds that you are supposed to hear.

3) Lastly, walk going out of the screen and sit back to your former position while you continuously see yourself performing in an excellent way. Later, reach out the screen and grab it. Reduce its size into a cracker size. Put it inside your mouth, chew it and swallow it fully. Imagine that all you have seen is traveling now within your body, through your stomach, bloodstream and in every cell of yours. Then, imagine that each body cell lit up with the same movie.

In not more than five minutes, you will now finish the process by opening your eyes and going back to the real business that you are having by that time. Make this as a usual routine in your daily life and see how it can help you in improving yourself.

Another helpful method is creating a picture or photograph of yourself with the goal that you have being accomplished. If you want to own a brand new car, then have a picture with it. On the other side, if your goal is visiting a five star hotel, then have a copy of its poster and put a picture of you in it as if you are there.

It is advisable that you must create photographs for each aspect of your goals in life. Construct an image presentation for each one of the goals that you have, may it be in your wants, career, new abilities and skills, financial etc.



You must practice the same discipline daily. Have a list of the current goals that you want to reach. Write them in an index card and keep the cards nearby your sleeping place. Bring them also with you as you travel. Every morning and every night, have time to take a look to these cards, then close your eyes and imagine the perfect completion of such goals for couple of minutes.

You must also consider affirmation, which is a statement that suggests not only an image, but such experience that as if you have already completed the goal.

Repetition of an affirmation often times in each day helps you focus more on the goal that you have. It supports the motivation of you and programs the subconscious by commanding your staff to do whatever it requires in order to make the goal happen.

Continuously repeat the affirmations that you have each night and morning within a month and they will automatically become part of your daily thinking. They will become rooted into the very foundation of your total being.

By having a list of your goals, visualizing them, and repeating of the affirmations, you will surely get satisfying and overwhelming results.

Affirmations and visualization let you have the chance to transform your opinions about yourself, beliefs in life and assumptions. These techniques permit you to bind together the billion of brain cells inside your brain and let them work in cooperation and unity.

Surely the subconscious within you will alter you forever. The procedure is not visible and short term only. It just eventually takes place whenever you affirm and visualize, read encouraging books, mingle with positive individuals and listen to encouraging and inspiring audiovisual programs.

## **AVOID THE WHAT-THE-HELL EFFECT**

Setting your goal can be nice way for you in improving your performance. But this is not for the cases when you fall out in a spiteful little side-effect.

Let's take dieting for example. Consider that you have set a daily amount of calorie intake and you are planning to keep this for some days but unexpectedly, your peers brought you to a restaurant one day. That resulted to a situation wherein you are having a meal in restaurant, rather than a healthy one at home. And before arriving there, your group dropped by to a bar to buy and eat some snacks and drinks. By that time, you are already near to your calorie intake boundary. Then, inside the restaurant, you have decided to have some bread and drink rather than the other menus. You have also decided to order salad, but there is something that attracts you to have a steak menu. Then, you will realize that you have already violated the amount of calorie intake that you are suppose to have. What the hell, you will take the steak menu.

This gives you the picture that sometimes as you go along in reaching your goal, things unexpectedly go out of the window as you enjoy a moment of madness.

The “what the hell effect” is not just a momentary lapse or a sudden lack of self control. Instead, it is greatly related into missing a goal. This has been discovered by the expert psychologists in their proficient studies.

Everyone should avoid this what-the-hell effect. The what-the-hell effect is not just applicable for dieters, it also related in setting your goals. It can be about shopping, money, alcohol or other areas into which you have set your limitations. It is always expected that when you have this limitation, you will do all your best to maintain it during the first days. But later, loses control over it.

In order to fight back against this what-the-hell effect, it is important that you should know the situations when this effect takes place.

When you have set short term goals like tomorrow or today, compared to those next month or next week and you are trying to do something in order to stop a bad habit, these are the times that the what-the-hell effect should be considered.

The statement above suggests that you must establish longer-term goals and transforming such goals from the inhibition aspect into the acquisition aspect. Maybe you will think that transforming goals from short terms to longer terms will be easy but transforming such goals from inhibitional into acquisitional will be of different degree.

An example of this case is the alcoholic individuals. Alcoholics are surely trying to quit from drinking which is an inhibitional goal, but this goal is transformed into an acquisitional type when they are going to consider the number of days they are sober. With this case, they will be trying to have more non-drinking days as much as possible.

This method can be use by many people, like the dieters. They can consider the number of days instead of other things. Others like the procrastinators can forget for a while about idling and focus more in producing certain quantity of work daily.

Reframing your goal with the same way will give you a great opportunity of eliminating one problem and keeping on with the process of setting and achieving your goal.

## **SHIFTING FOCUS**

All through your life, have you ever experienced thinking of something that you really want to achieve? Have you ever been working for a goal within a short period of time limitation and confused on what you are about to focus, which often result to the unfulfillment of your goal? And when that time comes, you wish that you have exerted more effort in order to obtain that objective.

Maybe the main reason for those failures is that you shifted your focus to the other things that interests you instead of the goal that you have. The following are some tips for you in order to avoid such happenings. These will help you focus more on your way to the goal as you improve yourself as well.

1) Be creative and critical in making your overall lifetime plan. When it is clear to you of what and who you want to be someday, it will be easy for you to get in there. Once you know the thing or the happenings that you want to occur, you can plan and think about the procedure that you are going to follow as you go along.

2) Have one room of improvement each time. Avoid making necessary improvements simultaneously. It will be wise for you to take an action of improving one aspect only at a time. Concentrate as you do necessary steps in attaining your goal daily. Then you can start another procedure right after the previous one.

3) Take time to reflect. Think about the reasons of why you want to obtain an objective. Knowing about this will take you one step nearer towards your goal. Make sure that you really know what you want to achieve.

4) Write them down in anywhere. If you have cards or a notebook, list your entire goals with regard to your daily schedule. They will serve as timely reminders for you and will make you more consistent of attaining the goals that you have. You can also have them in your devices. How often you use such things determines also how frequent you will be reminded of.

5) Have a well defined schedule in working toward your goal. When and what kind of activities you are going to employ. The time, the place and the type of situation that you are going to have. You can set alarms to your devices in order to remind you of the time that you must take necessary actions for the goal.

6) If you have missed or skipped a goal for almost two weeks, have time to go back to them. If you have been very busy doing important things for the past few day, don't lose hope and continue what you have started in the past. It is never wrong to pursue things as long as it is not yet too late.

7) Have your ways to maintain the motivation that you have. Design a way on how you are going to keep yourself motivated upon achieving your goals. It can be listing in a calendar the things that you have already accomplished or giving yourself a reward after every achievement that you are going to have. You may also find it nice to work with your goal right before resting and entertaining yourself. This leisure time will serve as your rewards for each accomplishment that you are going to have.

These tips can be helpful to you as start planning the incredible existence that you are looking for. Making them as your habit will greatly help you as you undergo the act of obtaining any goal that you wish to.

## **FORGET THE GOAL, WHAT'S THE AIM**

In this chapter, right after choosing your goal, you have to identify the aims under it. But remember that it is easier to state it in your words than taking it in action already. So, in order to avoid such cases, see it first within yourself. What are these passion, motivations, interests and energy that drive you? Some people even relate their goals to sustainability and making themselves better than what and who they are as of today.

Once you have already that overall aim, you can now brainstorm about the steps and procedures that you will take in order to arrive to that goal. Determine what necessary sub-aims and actions are relevant to do. Write them down.

After that, start knowing the knowledge, network, finances, skills, expertise and other relevant things that you must consider in your actions to be able to attain your aims. Learn about the things that still need improvement and attention from you.

Lastly, begin exploring the real existence through it. There may be some hindrances for you, like insecurities, anxiety and being uncomfortable, but still keep on kicking. Just think that you can do it anyway and you will surely gain the positive energy, self-esteem and confidence that you need.

Do not be so serious and frustrated. Instead, play it by yourself and never let these problems rule you. Rule them! It is very good to use the different post colors for your skills, aims and actions to be attained. In reaching your goal, you can choose from the planning formats that are available. Making a simple outline will help you greatly. You can enclose it with more details and construct it to go well with your preferences and aims. But before this matter, you should first have a clear goal.

### **Whatever aim you have, such good planning includes the following:**

- A well-defined aim
- Related stages, elements or steps (comprises your knowledge, resources, actions and others- the features of cause and effect)
- Achievable and relevant timings and proportions (for stages, steps and elements)

Remember that the overall vision or aim doesn't need to be constrained or limited. The aims that you have should be practically concerned of anything which is possible for an individual or an organization. If any aim seems to be very large to realistically imagine, then break it down into simpler chunks which may be more realistic in nature. Even the most ruthless aims and plans can be achievable when they are given more time and broken down into smaller chunks.

A plan to achieve a vision or goal is usually best attained by working toward the back from the aim. From time to time, you must ask yourself "what should take place before this?"

Then, start planning to obtain each aim by working backside in sensible bite-sized rudiments. To summarize on how you can attain your goal with your aims, as follows are some helpful tips:

- 1) Begin with an apparent aim.
- 2) Understand and define the factors that can help you to achieve your aim.
- 3) Break these factors into further chunks and recognize if what will permit these to take place.
- 4) Guarantee that each listed entry is can be tracked back into feasible enabling features that achievable as to its terms of time and size.
- 5) Keep it in your mind that enabling and causal factors approach in all sizes and shapes. It is also advisable for you to research about these factors concerning your aim.
- 6) Always remember that success is often based on knowing about what is necessary for it prior to setting out in achieving it.

**Below are samples of enabling factors which can affect your aim:**

- Qualifications
- Experiences
- Learnings
- Contacts
- Skills
- Reputation
- Outlook and Attitude
- Space and Time
- Support and Encouragement
- Resources
- Style
- Wisdom and Maturity
- Tools
- Enthusiasm and Energy
- Commitments and Decisions
- Persistence and Determination
- Prioritization, redirection and reallocation
- Disasters and Mistakes
- Other Assets and Money

When you have already identified that enabling factor, prioritize and redirect it going upwards to your aim by taking in consideration the following significant contributory factor/s within your plan. This is applicable for factors such as time and money which are enablers but often wasted and misdirected. The commitment and decision are essential to make your prioritization and redirection as the enabling factor.

On the other hand, if it has been difficult for you to identify your enabling factor, then think about something that can cause it and expand your plan into a previous level. In this case, you must apply the logic in the planning method which is recognizing the prior enabling features and extending the plan into a preceding level.

You should also keep it in your mind that in every factor lies behind a cause. If you will come to each aim with this way, then it will be more achievable for you.

Surely, this approach will help you a lot. Just be careful what you wish for as you use this method because it is greatly effective in achieving your goals through your aims.

## **KNOW WHEN TO STOP**

The following are the limitations of setting and achieving your goals in life:

You should have one goal at time only. Having two goals at the same time, will confuse you and upon concentrating on one will make it difficult for you to achieve the other one.

Dealing with the risks and goals, researchers have found out that people who are given more difficult goals increase their risk strategies to develop their performances.

Another limitation is called as the tunnel vision. This is when individuals focus much on some aspects of their goals, leaving behind the other aspects and even their careers.

The act of setting and achieving your goals is also limited when it comes to the individual's subliminal actions. It does not account to such dealings.

Achieving your goals focuses only in cognition, regardless of the subconscious. Thus, making it not accountable for actions inspired by the subconscious ones. This limitation lets a person do something without him being aware of what really motivated him to do so.

Achieving and setting your goal concentrates only on how you are going to get in touch with the goal itself, regardless of the why is this such so.

## **BENEFITS OF MEETING A GOAL**

There are several benefits that we can obtain in setting and achieving our goals. Below are some of these incredible advantages:

- You can show others that you really can achieve something which they thought of being impossible.
- You will experience treasurable abundance and riches that the other people never realize.

And since you are the one to make your own destiny, you have the power to match it to your desired vision.

These set of enormous advantages will help you in achieving the desired goals without fighting with yourself and getting frustrated. Learning about such benefits will help you understand better the principles behind the fundamental skills that you are acquiring as you reach your goals. Thus, reading related articles will surely guide you a lot.

Of course, setting your goals excuses no one. If you want to reach the peak of success, then set your goals first, as what the admirable achievers have done. Doing this first step provides you with the following benefits:

- Strive harder and be more motivated as you achieve the goal. This increases your satisfaction and pride in every accomplishment that you are going to have. This eliminates your characteristics that often let you stay behind like shyness and doubt to yourself. Thus, improving the self-confidence that you have, leaving you happy.
- The tendency for you to suffer from anxiety and stress is lessen up. You can now have better concentration on the things that you are doing. The confidence that you have helps you perform even better, making you more satisfied and happier.

**You can also know the proper way on how to:**

- Hold your focus and continue striving until you will be able to obtain your goal. Enabling you to go on through the difficult times even if it seems that you're not in progress anymore.
- Help you decide on what is really the goal that you prefer among all the other goals.
- Making you generate short-term inspiration and long-term apparition.
- Letting you systemize the activities that you have and concentrate on the knowledge that will boost you onwards the fastest.
- Realize that you are in progress through your situations even if they seem pointless and lengthy at times.
- Continuous practice makes it easier and more natural for you to set your goals in life effectively.
- Makes you start achieving long-term, short-term or even lifetime goals in the vital parts of your life which matter the most.
- Giving you also the responsibility to set your priorities efficiently for you to direct your awareness toward the essential ones and to steer clear of the feeling of being besieged.
- You will learn how to avoid setting goals which have great possibilities of letting you down at certain conditions ahead of your control.
- Make you far away from setting up goals which are too high and unrealistic.
- Letting you conquer situations where you suffer from lack of motivation and being in failure.
- You will find yourself having sufficient time of relaxation, rest and enjoyment even without doing much burnout.
- Try to ask right questions which will help you be on the right track as you fulfill your goals.
- Letting you attain your goals in just a short period of time.

## **Final Words**

Scoring your goal in life can be attainable by anybody, anywhere and anytime. As long as you have enough knowledge and skills that you need to possess, you can definitely achieve your goal in just a short period of time. You should have the necessary motivation and inspiration in order to overcome all the challenges and short comings that may arrive.

The very first thing that you must have is to gain the fundamental knowledge and basic ideas about achieving your goals. This does not necessarily mean that you have to know everything in order to be capable of obtaining a goal. All you need to have is wide understanding and being flexible enough as you go all along the way.

Stop fantasizing as early as possible since it cannot help you at any angle. It will just persuade you to keep on believing that you are achieving something even if you don't have any achievements at all in your real life. Leave those fantasies and start setting and planning your goals in life.

You must start committing and doing something in order to obtain your goals as early as it is possible. Today is the right time. Be true to yourself and aim high.

You must also keep your attention to the process that you are doing and not to the outcome that you must have. Everything will take place in the way you want them to be. Just do your best and never let such troubles bring you down. Keep on kicking and never lose hope.

Avoid the what-the-hell effect since it will not help you at all. Establish a strong and well discipline in your daily routine and see your improvements each passing day of your life. Do not lose your control over things and manage to keep the set of goals that you have. Be positive at all times and engage yourself in a better way of living.

If ever you will be on the wrong path, shift your focus to your real goals and eliminate things or ideas which will not help you. Use the remaining ideas as your flat form in reaching your goals.

Know the scope and limitations of your goal. Concentrate and be open-minded. This will help you a lot in taking your steps nearer your goals. Do not overuse your mind and body – one goal at a time and one reward for every accomplishment. Do not lose hope and believe in yourself.

Lastly, be happy and satisfied with the benefits that it will give you. In the end, you will surely reap the fruits of all your hard works and sufferings. This will make you feel that you really did far a lot from what and who you are before. So, what are you waiting for? Start setting and reaching your goals in life. Have a happy trip.