

Put the POWER of Goal Setting to Work for YOU!

By Paul J. Meyer

Goal setting is the key to all fulfillment and achievement. Don't wait another minute to put the power of goal setting to work for you! If you're not making the progress you want or if your life doesn't seem to be fitting together, it is probably because your goals are *not* clearly defined. If I listed everything that has gone into the achievement of my own personal success, probably 75% of that would involve goal setting.

#1 — Define Your Goals

A goal is a target toward which you move, but it's something more than that. There is something almost mystical about a crystallized goal when you have developed a plan and set a deadline for its attainment. ***In some miraculous way, a crystallized goal brings everything into the shape, form, and focus necessary for its achievement.*** Whether it is people you need, money or ideas, all the ingredients of success seem to fall into line right on the exact time table to hit your target date.

How do you define your goal? Simply write down your dreams and crystallize your thinking. Next, develop a plan with a deadline for attaining your goal. Be sure to include in your plan some of the obstacles you may encounter along the way, and your strategies for overcoming them. Write out your clearly-defined goals, because having written goals will help keep you on track and serve as a checkpoint.

#2 — Embrace Adversity

If you are goal-directed and you know what you are going to achieve, then any temporary adversity or any challenging obstacle doesn't dim or dampen your enthusiasm. Nor does it subject you to fear, worry, and indecision or negative thinking. All it does is intensify your desire, increase your self-confidence, and multiply your determination. Then when the obstacles are overcome, you are stronger because you learned from that temporary setback.

If you refuse to be discouraged by adversities, success comes in unpredictable multiples. It has happened to me time and time again! If you believe in your goals enough to stick with them, when you finally do put it all together your success will be much bigger than you even expected. Keep this in mind: never take your eye off your goal, do not be diverted or discouraged. When you face obstacles or adversity, learn to say, "I have a problem, what's good about it? How can I use it to move me toward my goal?" and you're one step closer.

#3 — Make Success a Habit

Several different types of goals are necessary, including short-range or immediate, and long-range or ultimate. An immediate goal could take a day or six months, whereas an ultimate goal may take several years or even a lifetime to accomplish. Here's some tried and true advice: ***Do not make the mistake of dwelling on the distant future only.*** Be sure to focus on an action you can take today, even if it is no more than listing on a card the jobs that you are going to do today.

The habit of setting goals is developed just as any other habit is acquired. Effective goal setting is a habit that is the key to your success! You must consciously choose to set goals and then practice doing it until you have internalized the process and it becomes automatic. Believe in your goals *and* believe in yourself.

#4 — Your Million Dollar Success Plan

As you move toward your goals, you may want to use the five points that I call the "Million Dollar Success Plan." These are the criteria that I use to measure every goal I undertake. ***I do not go after anything until I ask these five questions.***

1. Have I crystallized my thinking about it? If so, do I have ...
2. A plan and a deadline for its attainment?
3. A burning desire, that white heat of passion down inside myself that says I must move forward?
4. Confidence in myself and my ability to succeed?
5. An iron-will determination that says, "I'm going to accomplish this no matter what"?

When you can answer "yes" to those five questions, then ask one more: "Is it worth it to me?" If it is, then go for it! You know that you have what it takes to accomplish your goals no matter what happens, no matter who criticizes, no matter whether you have the money, and no matter what you now lack in experience. ***When you set goals without setting arbitrary limits, you are free to move as far as you want to go.***

You are never promised that the road to success is completely smooth. Along your journey you will discover that it's not what happens in life that's important. It is your attitude toward what happens to you that makes all the difference, so be sure to stay positive. ***Master the art of goal setting and the world is your oyster!***

Paul J. Meyer may be a *New York Times* best-selling author, but it is his success as an entrepreneur that has made him a millionaire many times over. To learn more about using goal setting to achieve success, order Paul's very practical CD, *The Power of Goal Setting*, today at www.pauljmeyer.com or Amazon.com.

