

Everything you want or want to change needs to start with a goal. Start with the end result, the way you really want to live your life.

How can I begin "Goal Setting"?

The first step, you must set a goal. A goal keeps you on track and focused. It must be something you are passionate about.

For you, this might be something related to your field.

Make your goal 'specific' - Know exactly what you want to achieve.

You don't have to know all the parts now, or how everything is going to fit. Just do what you know and the universe will do its part too.

It should be 'measurable' - You need to know where you are and how you are progressing.

This doesn't mean easy but with the right amount of stretch.

Make them 'realistic' - They should not be based on circumstances or good fortune.

You should 'timetable' your goal - Which means you will also need to do the planning. (set a completion date)

When it comes to thinking about your personal mission, allow yourself to dream big.

Write the goal down, this is the most important step. Visualize the positive outcome. See yourself being, doing, or having the things you want.

Make sure you display it somewhere you read it regularly and often - this will help you to keep it at the forefront of your mind. Now, whenever you have to make a decision relating to what to do with your time in the future, you will be equipped with the necessary information to ensure you make a good decision. If you keep yourself goal-focused, you will automatically make good decisions.

You will begin to attract people and circumstances to yourself. In actual fact, what will be happening is that you will be recognizing opportunity for what it is! Opportunity surrounds us, every day of our lives but we often fail to recognize it simply because we have not focused our minds upon what is really important to us.

Please visit our blog for additional goal setting tips that could help in your personal growth. - content and video for Thinking into Results - Elite Program