

#### Some Personal Goal Setting Examples For You

- Once you have identified your goals and have a concrete plan of action, it is very important that you go about it in a way that is fun and rewarding to you. If the goals are important to you, you will certainly have the passion to make a great start. What is needed is keeping up your motivational levels as day after day goes by and you feel you have made very little progress. Think of various ways in which you can positively reinforce yourself. One way of doing so is to mark some stages in your plan - on reaching those stages, give yourself a treat. This way, you will start training yourself not to stop till you have reached a certain stage where you can reward yourself.
- Do all you can to seek inspiration and motivation from other sources. Read about successful people who have achieved great things starting from almost scratch. You can check out videos, or blogs even podcasts, which will let you watch these people actually speak of how they achieved their success. These are bound to be powerful experiences.
- Take what you learned and then see how best you can apply it to your life. Have you also always wanted to be an entrepreneur? What did you learn from all the successful men and women entrepreneurs? What worked for them and what did not? What were the best pieces of advice that you think will work for you? It is not enough to have just gained knowledge about how to go about things, it is more important to know how best to apply it.
- Make room in your checklist for all those tools and resources that you will need to achieve each one of your goals and sub-goals. If you do not like to work out alone, get yourself an mp3 player with headphones. If you have to quit smoking, join a group or get some patches and gum to get over the initial withdrawal pangs. Get all the tools that you may need so that you find it easier to make progress in your journey. Can you take a knock and still keep standing?
- Nothing speaks about a person, as does the way in which he faces adversity. Take a close look at yourself and think of all those times you were hit by some or other problem. What had been your reaction like? Would you have handled things better if you had had some help? What kind of help do you think would have made a difference? Try and identify all those factors that are or could prove detrimental to your taking successful steps towards achieving your goal. More importantly, be better prepared for similar adversities. The better prepared you are for handling problems, the easier it will be for you to deal with them and overcome them.
- How would you know where exactly you stand in terms of achieving your goals if you do not keep track of your successes and yes, your failures too. Make a schedule and keep recording your progress compared to this schedule. Keep a journal and record what you managed, what you missed, why you missed and what you are going to do about it. Feel free to write any other thoughts that you are having related to that goal, feedback that you have received or just some encouraging words to yourself.
- Engage with people who are on a similar course and understand how they are going about achieving their goals. See if they are facing the same problems as you are and what they are doing to overcome them. If you can speak to people you can relate to or are sympathetic to you, you will be able to find tons of advice, support and encouragement. You will also find different perspectives, which make even the biggest of problems seem manageable.