

How to Make Attainable Goal Setting?

Goal setting is an important key to success. It is actually your first step to success. It provides a systematic way on how you could achieve success. It is also like putting a compass into your sail, you will get to where you are because you already specified the place where you wanted to go. You are not like a lost wanderer that only goes to where the wind may take you. When you are setting your goals, they have to be systematic. Do not set goals that are sky high in standards; you have to make them attainable. Setting goals that are too high in standards is like dreaming. You do not really mean to work them out. You are simply waiting for luck to bring them to you. Here are some pointers to observe when you are making a goal setting.

Be Specific In goal setting, being specific is important. This way, you know the details of what you want to attain and you can assess your capability to attain that goal. For example, you wanted to buy a car. Specify the details of the car like whether it is a brand new model or a second hand car. You also have to specify the model and the make, the color that you want and what accessories would you like it to have. After specifying the details of the car, you have to set the specific time when you want to acquire this car. Be very specific with this. List down the exact date when you want to buy the car. After considering the date, think about your budget. Do you already have the money to buy the car? Good if the answer is yes. But if you are still about to earn it, how will you earn such amount for buying your car? Where do you intend to get all the money? List the ways on how you will come up with the amount that you specified for your car; this way, you know what you have to do to earn the money for buying the car. You will be lucky if there will be additional unexpected money that will come your way but if not, at least you just have to work your plan out and you will be able to buy that car that you want.

Set Measurable Goals Your goals have to be measurable. They have to be tangible and attainable. You can not set goals that are intangible because you can not really control them.

Bounded by Time When you are goal setting, the time to attain such a goal must be clearly observed. Do not plan with an open time because this will not motivate you so much to work out your plan. Like in being specific, you have to specify the date the time when you want to have the car that you plan to buy. Do not say I will buy the car when I have the money to pay for it. Such attitude will not force you to save the money for buying that car. You will only rely on luck that if you were lucky to have that amount, you will be able to buy your car, if you are not lucky, no car for you. The three characteristics mentioned here for goal setting will help the person to attain the goal that he set only when he observed that goal strictly and follow the steps on how to attain them. It is not enough that you set your goals. You have to maintain the discipline required for them to be attainable.

About the Author

Sharon has overcome her own battles of self sabotage and now strives to educate others so they can learn their own potential of personal power. Self knowledge is the ultimate key to your freedom. <http://C2BFree.com> will motivate you with a variety of personal growth products.

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