

## 5 Steps to Create Powerful Goals

"Always do what you are afraid to do." -- Ralph Waldo Emerson A lot of great people started out small too. There was a time when they were just like everyone else, with dreams yet to be realized. What essentially made the difference is that they somehow fulfilled theirs. Fulfillment though is still at the end of the line. First off, you must know what you want to have when you get to the finish. We are here now to give you a few tips upon send-off, for as Lao-Tzu said, "A journey of a thousand miles begins with one step." Know what you want. For Mary Lou Retton, an Olympic gymnast, it is a goal in itself to find what sets our heart on fire and "to keep it lit" because dreams are foremost for the self, and not for anybody else. It is therefore of utmost importance to find out what you are passionate about. Do you see yourself investing time in something even if all you get out of it is having fun? The question to ask would be, "What do I enjoy doing?" Because at the very heart of it, nothing can keep you away from what it is you really love. Know what can be done. Once you have your dream figured out, it is time to translate those dreams into realistic targets. We all have different comfort zones with regard to setting aspirations, double-checking whether we are setting them too high or too low. The way to find a compromise between the two levels is to set a really large goal - such as the position you want to get promoted to, the amount of money you want to raise, the type of business you want to start - then set the smaller goals that will eventually lead to the ultimate dream. To quote two other greats, Thoreau said, "In the long run, men hit only what they aim at. Therefore, they had better aim at something high." and Henry Ford believes that "Nothing is particularly hard if you divide it into small jobs." Know the goal. One of the most famous lines in Sun Tzu's The Art of War is "Know your enemy and know yourself." Knowing what you want takes care of the second part. Just as important is the first part which requires you to be aware of what you are up against. After setting your passion to a real target, it is essential to know what it would take to get there. How much time would it take both on a long-term and a short-term basis? What kinds of resources do you need? What will this kind of achievement do for you? Are you prepared for all its ramifications? Once you're there, what's next? Remember that it's important to have alternatives and fall-back plans just in case something unwelcome happens. Let other people know. As much as getting what you want is a solitary activity, it is important to have a solid support group around you. This group has to be composed of people who can play the roles of critics, consultants and morale boosters. Just like a second opinion from another doctor helps whenever you ask for the status of your health, it is best to have people who can keep you in check, provide you with necessary information, or just plain encourage you to keep you going. This support group will help you keep your eye on the goal, assist you through challenges, and also let you know if there is something you could improve on. Aside from all that, having a lot of people know what you're setting out to achieve can give you enough reason to keep on pushing with the objective of proving what your abilities are. Make a commitment. After all that, it is time to make a promise to yourself that you're going to do your best to realize this goal. Most people find it easier to stick to a plan when they write it down. It will be some kind of a contract with yourself. It will also be better if the commitment can translate into a timeline. Give yourself a schedule, set deadlines as to when the series of activities are to be finished. Challenge yourself, and own that challenge. "Always do what you are afraid to do." It is perfectly understandable for us to be fearful of knowing what we want for the possibility of not being able to get it. However, the only failure one can experience is not giving it a shot. David Viscott, a motivational speaker, sums it up for us: ""The worst thing one can do is not to try, to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized-and never knowing."

### About the Author

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