

## Benefits Of Goal Setting - Why Set Goals?

Are there any real benefits of goal setting? Why set goals in the first place? These questions can easily crop into our minds, especially if we are new to goal setting or even a seasoned goal setter with doubts and wanting some benefits of goal setting. There are many benefits of goal setting. The process of setting goals enables you to focus your mind on what you want exactly. For example, if you consider going on vacation, there is no point in getting on an airplane, before considering where you want to go! After all, how would you choose which airplane to get on? You can't buy a burger from McDonalds before you decide on what you want to buy. So, the essence of the benefits of goal setting comes down to what you want. Focusing your mind to the point that you can move forward to get what you want. Sometimes you will find that you say 'what is the point'. And here is where more benefits of goal setting come into effect. For example of those that set goals and achieve, compared to those who do not achieve; we see that the ones who achieve are those who have a big enough why. The benefits of setting goals can only be found when you have a big enough why. Why do you want that goal? This is important, because so many people who do set goals, and don't achieve, have not figured out why they want something. We find many people want to get rich. Many will dream about it, even fewer will set goals on achieving the goal. Even fewer will try, and even fewer will succeed. The marked difference is in the why. When someone truly has a big enough reason to get rich, guess what; they ultimately get rich! A person, who is in the process of losing there home, is more likely to get rich in a shorter period of time, than someone earning \$30,000 per year. Getting comfortable is a big key of failure. So, to get success, we need to utilize the benefits of goal setting. We need to set goals, and work to achieve them. But, this all comes down to the why. Some other benefits of goal setting include increasing self confidence. For example, it is generally a good idea to start on small goals, and gradually increase. This allows you to gain confidence on the smaller goals, and gradually work to bigger goals. The initial confidence will work great wonders. This is what athletes and Olympians all around the world do. They set small targets, small goals, and gradually increase. No one tries to do record breakers every day. Simply, they increase slightly often, and as a result gain the benefits of goal setting. You can see the benefits of goal setting, when you do what athletes do. You can become an Olympic champion business man, entrepreneur or whatever else you want to do, be or have.

## About the Author

From goal setting to goal achievement, Kozan Huseyin has helped many people find there own success story. Learn the true success secrets to setting goals and seeing those goals materialise in reality! <http://www.kozanhuseyin.org> <http://www.howtogoalset.info>

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