

If you are not making the progress you want to make and are capable of making, it may be because your goals are not clearly defined.

Goal setting should become a habit.

There are 3 different types of goals.

1. Immediate – short term
2. Ultimate – long range
3. Tangible
 - a. wants – anything you have ever wanted
 - b. needs – what has to be done daily/weekly

1. Personal brain-storming session; fantasize and dream.

Write down everything that comes into your head. What have you always wanted to do or be? Don't judge whether or not you do something – write down everything you think of. (long-range goals)

2. List making

Develop a plan for attaining long-range goals by setting up _____ what you have to

Don't take your eyes off your written goals; don't get discouraged.

Press forward toward your goals and do not dwell on the past, dwell on the positive aspects of all situations.

Sometimes you want things, but you're not interested in developing internal qualities that prepare you for these goals. You need to set some intermediate goals to train yourself for bigger goals.

You need a "no limitation" belief in people and in yourself.

You control what goes into your brain:

"garbage" in = "garbage" out.

"good stuff" in = "good stuff" out.

You are conditioned by everything you encounter in life.

Looking forward to the end result (achieving goals) serves as a motivating force.

1. Make your goals personal (your own).
2. State your goals positively.
3. all goals and make them specific.
4. Make your goals compatible with other parts of your life.
5. Consider your personality characteristics when setting goals. Your attitude is controlled by how you think.