

#1 Goal Setting Mistake **that could cost you!**

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Everyone has goals that they need to, and want to, accomplish.

These goals can be as simple as getting the shopping done by 6pm on Thursday, or as complex as starting a multi-million dollar business.

Everyone has different ideas on how to reach their goals.

Those of you who are serious about changing your lives will spend a lot of time thinking about how to get things done more effectively.

Some people are just “Naturals” at getting things done in an efficient way.

Just as some athletes are very talented, there are also those people who are very good at getting things accomplished.

Even the talented athletes practice long hours. Those that are naturally gifted at getting things done, actually -

GET THINGS DONE!

These individuals work their program each and every day. These individuals learn to separate the essentials from the chaff.

Almost all effective goals setters will always follow these same few simple guidelines that will be outlined below.

True story. I once met a guy who had a full time job, was writing articles for a newspaper, was a full-time graduate student, was an organizer in his church, and he had a side business in real estate.

Talk about a full schedule. did I mention that he had a wife and child?

I asked him how easy it was having such a busy schedule. He told me “Definitely Not Easy”. I asked him how he managed to juggle everything. He said “One thing at a time”.

He also went on to say that it is very helpful to be organized and to be able to prioritize.

Most people know someone like this; that person who always manages to get everything done - and on time.

**Maybe you are that person.
If not, keep reading.**

So, where do we start?

How do we make our goals?

You first start by having one. It does not matter how big or small your goal is, you will want to have some idea of the direction in which you want to go.

If you have nothing that you feel is worth working for, or accomplishing, then what are you doing with your life?

While there are many mistakes that are made during the goal setting process, there is one major mistake that the majority of people make when they undertake to set goals for themselves.

This one thing usually ends up being the most common “Make or Break” mistake that causes people to give up on their dreams.

This one mistake literally destroys all motivation.
The mistake is also very easy to correct.

The number one goal setting mistake is: People set goals that are *unreachable*.

That is, they do not set realistic goals for themselves.

When we do not know how to set goals, and things do not go as planned, the usual outcome is that we give up.

Any main goal that we choose (i.e. losing 100 pounds) should be broken down into smaller goals that are doable and reachable.

Then, as issues arise, things do not go as planned, or even when things go better than expected, it is often the case that we will want to change our smaller goals to suit our needs as things change. Tweaking is certainly permitted.

There is also one other mistake that can make setting a goal, and getting what you want NON-EXISTENT!

Have you ever thought of something that you thought was a good idea, or was something that you wanted to remember to do, but got distracted and went on to other things?

Later on you tried to remember exactly what it was that you wanted to remember, but could not quite get it right.

Since you were unable to get the same thought back, you ended up forgetting about it, or could not remember what it was.

That second HUGE mistake that people make is that they do not write down what they want.

I cannot express just how important it is to write things down as being a major tool towards getting things done.

Here is an example of how you might make a short-term goal.

Main Goal: Clean house by Friday. We will say it is now Tuesday.

I am using a fairly simple example here. A more complicated goal such as losing weight would also include *how* I will go about losing weight, such as exercising (what exercises) and diet (what diet methods).

These could be sub-goals which could also be broken down into parts.

Sub-goal 1: Tuesday 7-8 pm - clean living and dining room.

Sub-goal 2: Wednesday 6-7 am - clean bedrooms.

Sub-goal 3: Thursday 6-7 pm - Bathroom.

Sub-goal 4: Friday - Finish off anything that was missed.

Notice that I gave myself an extra day to catch up on anything that I may have missed during the previous days.

Now, I realize that most of you can probably do all of that house cleaning in a couple of hours, but this is an example - remember?

What if you decide that you want to paint your bedrooms? Maybe you want to take down the curtains in the living room and clean them or get them cleaned.

Whatever you want to do you need to make sure that you give yourself a realistic time frame in which to accomplish your goal(s).

Also, after you write down what your goals, sub-goals, and time frames are, make a copy of what you have written. Put one copy in a place where you will see it often, and put the other one where you will see it frequently during the day.

Maybe it will be in a folder that you have to open often during the day. Maybe you will keep it in a book that you are reading that you look at several times a day.

Or, maybe keep your goal list in your wallet or purse where you will see it every time that you make change.

Do not get caught in the common goal setting trap of making your goals too big, strict, or out of reach.

Here are 3 major steps that you can use to stay on track and reach your goals.

1. Make your main goal well defined. “I am going to build my online list to 10,000 within the next 6 months using JV’s, social networking, and list swaps.” Not just “I want to add 10,000 more to my list”. Or,

“I will lose 50 pounds in the next 9 months using the Mediterranean diet, going to an aerobics class twice a week, watching fat and calorie intake, decreasing snacks between meals, and getting at least 30 minutes of aerobic type of work out every day.

2. Break down large or long-term goals. Make several smaller goals.

If your goal is 1500 new subscribers the first month, and you are only getting 10, then you may need to begin with 50 new subscribers your first month.

Not to mention using new methods to get subscribers.

If you are losing weight, you may find that you are unable to do an aerobic activity each day. Maybe you can do 40 minutes 4 times a week. This adds the equivalent of an extra day of aerobics.

You may find that you are able to walk or run, treadmill, etc. every day for 40 minutes. Great! This may allow you to lose more weight even faster. Adjust your main goal if necessary (up or down).

3. Be Flexible. If you only have 500 sign ups your first month, then consider adjusting your main goal maybe even down to 2,000. If it is weight loss and you are only losing 1 pound a week, then maybe you will want to drop your main goal down to 40 pounds in 9 months.

Do not forget to get mentoring from professionals when needed, and work hard to increase your goal numbers.

Unfortunately, most goals are not met.

Why? Because most people fail to set goals in the first place, and even if they do, they don't execute on their plan.

Sound familiar?

It is a researched fact that if you set a goal, and learn how to implement it, that your chances of success are astonishingly high.

=>Goal =>Time frame =>Tweak =>Don't quit