

3 STEPS TO ACHIEVING YOUR GOALS

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Accomplishing anything in life takes hard work and dedication to succeed. Although some believe that others may be lucky, have been given advantages, or are at the right place at the right time, the truth is that most people have to work for what they want.

In order to achieve any goal you've set out to accomplish, there are a series of steps you can take to make it happen. Learn about this process and follow the steps to success!

Step 1. Know Your Outcome

Perhaps the most important part of the puzzle is knowing what you want to achieve in the first place.

You don't set out on a journey to accomplishing a goal without first knowing what it is. Specificity also matters, as there are many ways that goals can be achieved without being specific about what you want.

To figure out your outcome, determine your end result, or what it is you want to accomplish. **What does the end of the rainbow look like to you?**

Depending on your individual goals, ask yourself questions like:

- *How much weight do I want to lose?*
- *How much extra money do I want to make?*

- *What is the specific job promotion or title that I'm after?*

A non-specific, vague answer to one of these questions would be, "My goal is to lose weight." However, to be more specific, decide how much weight you want to lose, whether you want to tone and build muscle along the way, and include other factors that are important to you that go along with losing weight.

Step 2. Find Your Inspiration - Know Your "Why"

Knowing the reason for your goal is also vitally important.

Consider your motivations. Do you want to feel better about yourself and increase your self-esteem? Are you doing this in order to obtain a healthier relationship with yourself or your partner? Are you doing this for your kids or to have a better life with your family?

For your greatest success, your reason for going after your goal needs to be something inspiring, something that will motivate you when times get tough.

Step 3. Pick an Effective Strategy

A good strategy is also necessary to help you achieve your goals. There are many different strategies for any goal, depending on what you want to accomplish.

For instance, there are more than several weight loss plans you can find if your goal is to lose weight. There's the no-carb diet, the low-calorie diet, the diet plan that requires special shakes and drinks, and those that require you cut out certain food groups.

In essence, a strategy is essentially like a recipe. If you follow the recipe that someone has for success, then you also have more of a chance of success if you follow that same recipe.

To find a strategy, a good place to start would be to talk to others or research others

who have chartered the same path or achieved similar goals as yours. Asking questions or interviewing a mentor or another individual with experience will give you the insight you need to choose a strategy that works.

Never give up!

Once you've chosen an effective strategy, have clearly figured out your “why,” and have specified what your outcome is, you'll have an enormous amount of success with achieving your goals. When you hit an obstacle or setback, simply adjust your approach as necessary and continue moving forward.

Remember, if you don't give up, success is virtually assured!