

## *Proven Strategies for Successful Goal Setting*



Unfortunately, far too many of us believe our goals and dreams are unattainable while even worse, some others never even bother to dream or plan for their future at all. The problem with both of these scenarios, besides imminent failure, of course, is ineffective goal setting due to a number of reasons including both unrealistic and unclear goals.

Regardless of where you are currently in your life you can always use the present as the starting point for achieving success. The key lies with finding out how to set goals that are not only clear, concise, and attainable, but those that are actionable and require you to keep forging ahead.

Let's start with some proven yet simple tools and techniques that you can implement into your daily life, helping to propel your progress forward in ways you may have never thought possible.

### **Simplifying Goal Setting**

The first important thing to keep in mind that goal setting is a continual process, although a great feeling of achievement is experienced when a particular goal is reached, that doesn't mean you should stop creating new ones for yourself. Don't allow the prospect of future goals to dampen your spirits but rather use them as fuel for continuing on.

Use distinct time frames as a regular part of your goal setting so you'll have a black and white view of every aspect. While it's certainly commendable to have a monumental goal set for five or ten years from now, taking on too much with such a vast period of time can have the opposite effect and thwart your progress considerably. Take the time to envision yourself and where you would like to be in a short six months from now, then a year, then two years before allowing ambition to work against you.

Never underestimate the vast importance of short term goals, which are one of the most often overlooked component of successful goal setting. Every few months you should assess your

progress and set new, equally small goals for yourself. Look at them as stepping stones, using them as a way of making your way past whatever obstacles are lying in wait.

Affirmations and the power of positive thinking are other effective ways of making goal setting far easier. Working with an upbeat attitude regardless of the task at hand can have an incredible effect on the outcome. And, using positive affirmations, which are short, definitive sentences that you verbalize to yourself to keep your mind focused and on the right track, will help to reprogram your mind and rid it of past negativeness.

When thinking of affirmations, keep short and long term goals in mind along with the obstacles you've faced in the past with goal setting. Try, "I will remain focused on all of my goals despite adversity," or something like, "I will stick to deadlines and follow a structured plan."

Although it may seem rather simple, which it actually is in essence, repeating positive affirmations when it comes to successful goal setting can make a tremendous difference and allow you to become more resilient to pitfalls and shortcomings while pushing ahead to reach all of your most coveted milestones.

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