

Steps to Goal Achievement

Tip: When developing goals, use the word “I” with each goal and write it in the present tense. Your subconscious mind responds only to commands that are personal, positive and in the present tense.

- Step 1:** **Develop desire for health:** Our actions are usually based on fear or desire. Fear is a powerful force but not one that spurs us toward greatness. However, desire, is a burning that comes from within and has the power to change our very nature and core.
- Step 2:** **Develop belief:** If there is any doubt in your mind that you may not be able to achieve something, you are facing an uphill battle. In order to fully achieve anything, you must believe it is possible at a cellular level.
- Step 3:** **Write it down:** Once your goal is in writing, it is concrete and no longer a fantasy.
- Step 4:** **Make a list of all the ways that you will benefit from achieving your goal:** Reviewing this list will assist in keeping your motivated.
- Step 5:** **Set a deadline:** Deadlines will help keep you on track towards this goal and will give you something to work towards.
- Step 6:** **Make a list of the obstacles that stand between you and the accomplishment of your goal:** Knowing your obstacles is the first step to overcoming them.
- Step 7:** **Make a list of all the people whose help and cooperation you will require:** This list may include family, friends, co-workers, your doctor, etc. You may require the help and encouragement of others to achieve this goal.
- Step 8:** **Use visualization:** Visualization is powerful. What you see is what you get. Picture yourself achieving your goal and how good you will feel when meet this goal.
- Step 9:** **Tell someone about your goal:** Telling a friend or family member about your goal will make it “real” and will help you follow through on your plan.
- Step 10:** **Do something:** Do something every day that moves you toward attaining one or more of your goals.

