

6 PROVEN WAYS TO ACCOMPLISH YOUR GOALS IN THE NEXT 30 DAYS!

"Setting goals is the first step in turning the invisible into the visible." - Tony Robbins

1 BREAK DOWN YOUR GOALS
If you're working toward a bigger goal, break it up into a series of smaller steps that you know you can achieve. With small steps, you'll be more likely to stay on task and you will complete them sooner. After each step, celebrate and reward yourself for a job well done.

Nailed it!



2 KNOW YOUR LIMITS
You know yourself best, and only you fully understand your personal limits. If you move too slowly, you'll know deep down that you could be taking more action. However, when you try to do too much, you risk burnout. Figure out the magic point where you can achieve success without much stress, and you'll stay motivated to keep taking action toward your goals.



3 REMOVE ANY DISTRACTIONS
There are some things that might be more likely to distract you than others. Surfing the net, video games, and television to mention a few. Remove yourself from these situations when you know that you need to be taking action toward your goals. For example, if you're a social person, perhaps you'll need to stay away from friends and family during the times you want to work.



4 ASK FOR HELP
Don't be afraid to ask for help from others. There's only so much you can accomplish all by yourself. It's true that sometimes you'll have to accomplish certain things on your own, but if there's any way at all that someone else can help, don't be afraid to ask them.



5 FIND ENERGIZING ACTIVITIES
Sometimes you'll find that there's a period in the day where you go into a slump. Maybe you have trouble getting started in the morning, or maybe you feel sluggish in the afternoon. In either case, find some activity to get you motivated and re-energized. One thing that can help energize you is a good exercise routine. It'll get your heart rate up and send fresh oxygen to your brain. This will refresh you, help you think more clearly, and make you feel more like doing your work.



6 DEVELOP A SCHEDULE
A good schedule and organized plan will help keep you motivated and on track. In the beginning phases of planning your goals, be very specific when deciding what you need to do and when. This way, when you complete a step, you won't have to spend time figuring out what you're supposed to do next.



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Get Purpose. Get Perspective. Get Passion.

Got Questions? Ask Steve

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