

The power of Goal setting!

Are goals essential?

Not if you want to remain an average citizen!

But why is it that top 1% of human beings have written goals and the rest have not.

Why do people not set their goals?

1. They don't understand their importance
2. They don't know how to do so.
3. They have a fear of failure
4. They are scared of rejection / ridicule from their peers.

Our human potential is mainly hidden like an ice berg under the sea –it remains unseen – with its vast potential wasted in normal lives.

Goals give direction in your lives, they should be clear.

Remove negative emotions from your mind – they will give you justifications, rationalizations, and tell you that you are not to blame for not being successful – you can blame others.

To commence the change – take responsibility of your life, stop making excuses and start making progress.

Create your future – 5 yrs ahead – what will your business/ career be like? What about your financial and physical health? Visualize it today and step back to make a forward plan of action to achieve it by then.

Do zero based thinking to see that what you are doing to date has been the way you had wanted?

Write down your goals, prioritize them, write them down in the positive, personal and present tense as your affirmations on a card and carry that with you at all times.

Measure your progress, make alterations if required and keep going – keep going.
Never give up.