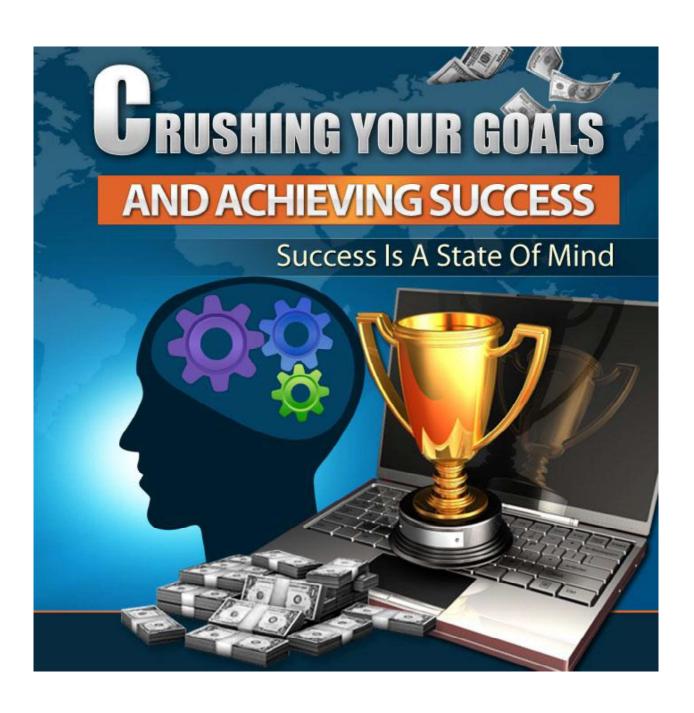
## Crushing Your Goals and Achieving Success



## Contents

GOAL BASICS	3
STOP FANTASIZING	5
START COMMITTING	5
START STARTING	6
VISUALIZE PROCESS NOT THE OUTCOME	7
AVOID THE WHAT-THE-HELL EFFECT	9
SHIFTING FOCUS	10
FORGET THE GOAL, WHAT'S THE AIM	12
KNOW WHEN TO STOP	14
BENEFITS OF MEETING A GOAL	14
Final Words	16

## **GOAL BASICS**

There are already millions of words written about the setting and achieving of your goal, which are practiced by millions of people as well. But still, most of the goals created are not fulfilled. Here are some significant tips that will help you accomplish better the goals that you have.

1) Your goals should be original.

This doesn't mean that such goals need not to be somehow similar or same as the other goals of other individuals. It just means that you should have your own goal, not a second hand one. Many people are practicing to have their goals based from the expectation and hopes of their cultural norms, society, parents and teachers. This results to cases that wherein you cannot hold such goals for long periods of times. Remember that setting a goal truly means that you should earn fulfillment and happiness as you accomplish it.

Practice setting goals that are originally yours, not that assumed or inherited. If it is not just from you, what will be the meaning of it? Accomplishing them will not give you that happiness and fulfillment in life.

2) Your goals should be inspirational.

Your passion must represent the kind of goals that you have. It should not be any promise or simple wants that you want. It must be something that will drive you to strive harder and be fulfilled in the end as you obtained it.

Passion is that something which pushes you to do whatever it takes to have your goals. It keeps you on the track. It strengthens your concentration and motivates you. It is the passion that inspires you and leads you to the right way going to your desired goal.

3) Your goals should be harmonious in nature.

All your goals must be according to your perspectives and dreams in life. They must not contradict one another.

Do them one at a time since working with them simultaneously will not help you at all, leaving your stresses out of your way. Recognize who and what you are. Base from it the set of activities and goals that you will have.

4) The goals of you must be realistic in nature.

The goals that you will be setting must be accomplishable within a lifetime framework.

Realistic goal doesn't mean that you must have the usual goal of everybody. There are goals sometimes which seem unachievable for everybody but determined persons were able to do so, such as building a personal computer at home, attempting to soar high a bicycle using motor and wings.