



The Unfiltered Truth About Goal Setting

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Short Description of the Presentation:

You will never achieve a goal you didn't set. Believe it or not less than 3% of the people in our society set specific goals for their lives, which explains why the other 97% are wondering why things are not changing for the better. This program will lay out the specifics of how to set, and achieve, your desired goals.

Make a List of Everything You Want to Accomplish:

- List little things to provide a sense of accomplishment
- List big, challenging things, to keep you motivated and moving towards a goal

Creating Goals for Every Area of Your Life (business, social, financial, health, etc.)

Steps for Goal Setting

- Be very specific
- Make the goal personal (you are the only one that can set your goal)
- Goals are not fantasies, they must be things you "want" to achieve
- Determine what you need to know in order to achieve your goal
- If you are going to ask for advice, but sure you are ready to receive it
- Determine what you need to do to get started today.
- Don't think too much about "how" you are going to do it
- Be careful who you share your goals with
- It's what you become on the way to your goals that's important
- Know why you want to achieve your goals
- Start with a completion date
- Setting specific completion dates allows you to measure your progress
- Focus on results
- Believe it can happen
- When a goal is achieved – celebrate!