The Ultimate Short Guide To
ACHIEVING GOALS

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The Ultimate Guide To Achieving Goals

“If we don’t start, it’s certain we won’t arrive” – Zig Ziglar

Here’s something amazing which you may not realise has been sneakily adding to your frustrations and tripping you up when trying to reach a longed for goal.

It’s literally an inbuilt problem. It has to do with that invaluable yet tricky organ called the brain. It turns out our most treasured ally is also a little wary about trying new things.

When it comes to goal setting, recent, neuroscience studies show the brain works in a protective way, resistant to change.

Therefore, any goals that require considerable changes in our behaviour or our thinking patterns will automatically be resisted.

You see, the brain is wired to seek rewards and avoid pain or discomfort, including fear. So, when fear of failure tiptoes into the mind of the goal setter it triggers a firm desire to return to comfortable behaviour and familiar thought patterns.

Amazing huh?
So now you don’t have to beat yourself up for those feelings of wanting to throw your arms in the air, you can give up and reach for the remote, snooze switch or chocolate cake again, half way to a goal, right?

Hmm, not quite, although you should definitely feel encouraged by the facts behind wanting to return to the worn path of familiarity, this is actually more reason than ever, NOT to give up.

You see, now you know it’s not a flaw in your personality or ability to commit all the way to your goal, you’ll be able to tackle these reflexes when they arrive and keep surging ahead.

So go ahead and tuck this nugget of wisdom into your goal holster and instead of giving up half way, realise with this info, you CAN definitely reach your goals despite a reflex switch, which wants to fool you into thinking otherwise.

So, how do you actually overcome this and other hurdles and catapult toward your goal?

Let’s bring out the big guns and uncover some super effective and easy tools, which will not only help take you from start to finish, but there’s a very good chance you’ll enjoy the heck out of them and their results along the way.

“Obstacles are those frightful things you see when you take your eyes off your goal.” - Henry Ford
Fear

This is a common goal extinguisher and one that warrants looking straight in the eye for you to move forward.

If you’re afraid and your fear holds you back, then get moving and get the help you need.

Nothing grows fear faster than stagnation.

It’s easy to feel frozen and/or lost when fear strikes but the key is always to keep moving. Learn the skills to shake yourself free of this goal thief and your life will expand in ways you never thought possible.

Read, listen to, watch inspiring things that help you move beyond your fear, if you still find yourself stuck and it’s something that seriously prevents you from reaching your goals, consider this truth:

Getting professional help to change things is a very sure and valuable tool for moving toward your goal.

Perhaps a life or business coach can help you keep moving forward instead of repeating old patterns, giving up and staying stuck.
Maybe you feel counselling is more what you need, a trained professional who could help you move through or cope with fear as you keep edging toward your goals.

When you are *actively* seeking and doing something to change and shift the obstacles in your path, then that too is part of the journey toward your goal. You are already moving forward, toward the desired outcome by taking action.

Don’t underestimate the power of recognition for your achievements along the way. Each step is taking you further from the current situation to your brand new life.

And some steps like getting professional help and/or dedicating time to move through personal fears etc. are huge achievements.

Recognise these with as much respect and kudos as you would any other milestone. Reward yourself with a deserved sense of achievement, be proud of the work you are doing, the effort you are putting in and the steps you are taking away from stagnant ground into the territory of your goals.

“You’ve got to be careful because if you don’t know where you’re going, you might not get there.” – Yogi Berra
Plan

If we don’t have a well mapped out plan for our goals then we don’t stand very much chance of reaching our destination.

We used to rely on paper maps or the UBD to get us from A to B and now we have all manner of Google earth, Yahoo virtual maps, mobile phone apps or GPS to help us find our way as well.

It’s no less important with our goals. We need to map out clearly where we are going, step by step and also have a firm vision of what our destination will look like once we arrive.

Setting Goals

*Setting goals is the first step in turning the invisible into the visible* – Tony Robbins

The SMART Way

You may have heard of SMART goals before, they’re a simple set of steps, crucial in setting goals.

They usually go something like this:
Specific
Measurable
Attainable
Realistic
Timely

Specific:

A specific goal has a much greater chance of being accomplished than a generalised goal. To set a specific goal you owe it to yourself and your success, to answer the six “W” questions:

*Who: Who is involved?

*What: What do I want to accomplish?

*Where: Identify a location.

*When: Establish a time frame.

*Which: Identify requirements and constraints.

*Why: Specific reasons, purpose or benefits of accomplishing the goal.
For example: A general goal would be, “Get fit.” But a specific goal would say, “Join the local gym and workout 3 days a week.”

**Measurable –**

Set up a solid way to measure your progress toward reaching your goal.

When you measure your progress along the way, you stay on track, reach your target dates and experience the bust-out awesome satisfaction of achievement, which in turn fuels you onto continued effort for your end goal.

To determine if your goal is measurable, ask questions such as:

- How much?
- How many?
- How will I know when it is accomplished?

**Attainable –**

When you identify the goals that are most important to you, you begin to figure out ways you can make them come true.
You develop desire, which leads to the attitudes, abilities, and skills you need to reach them.

You can reach just about any goal you set when you plan your steps wisely and create a time frame that allows you to carry out your steps.

Goals that might’ve seemed far away and out of reach suddenly move closer and become achievable, not because your goals shrink, but because you grow and expand to match them.

When you list your goals you build your self-image. You see yourself as worthy of these goals, and this helps develop the traits and personality that allows you to reach them.

**Realistic**

To be realistic, a goal must represent something you are both willing and able to work toward.

Pleasing other people doesn’t work. The key to making any change is to have the desire within yourself.
You have to do it because you really want it, not because a partner, boss, parent, or someone else wants you to. It will be harder to stay on track and motivated if you’re doing something out of obligation to another person.

Your goal will be more realistic if you truly believe that it can be accomplished.

Never underestimate the strength of what you believe you can do. Strong belief and passion can mark the very difference between reaching your goal or falling short.

Remember Napoleon Hill wasn’t kidding when he said “What the mind can conceive and believe it can achieve.”

**Timely –**

A goal should be anchored with a time frame. With no time frame, there’s no sense of urgency.

If you want to lose 5 kilo’s, when do you want to lose it by? “Someday” won’t work.

But if you anchor it within a timeframe, “by April 15th”, then you set your unconscious mind into motion to begin working on the goal.
T can also stand for Tangible –

A goal is tangible when you can experience it with one of your senses, taste, touch, smell, sight or sound.

When your goal is tangible you have a much better chance of making it specific and measurable and as a result, fully achievable. Like anything worthwhile and important, goals require careful nurturing.

Creating an action plan, writing down small achievable steps that you will take every day, will steadily take you stride by stride toward your end goal.

Your goals have a far greater chance of being realized with a systematic approach. Plus, you’ll feel whopping more confidence when you can see your plan mapped out before you. Instead of just a dream your goal is now a vision with a sure fire route to get there.

"There are a million nobody's out there, don't you dare be one of them." - De La Vega
Quite frankly a lot of well meaning, goal setting advise can sound really tedious or become bland as we move through the instructions.

It's no wonder we fall off our vision horses and find ourselves sitting on the side of failure road again.

Think about it, if you're going to the gym or undertaking some physical activity which requires focus and passion to keep going, how successful do you think you'll be if the funeral march is playing, the walls are painted black, the windows are closed and the air is low on oxygen?

One of the key secrets to staying on your purpose is keeping incredible passion. Yes, not just lapping waves on the shoreline kind of passion but crank it up, crackly rocket fuel type passion that will take you to the heights.

Get into action; move, research, refuel, charge up, do a little Rocky theme, the best speakers and achievers have pump up routines before they perform. They know that getting themselves moving and really feeling the vibe is crucial to performance and success.

It's no different with your goals, move your body and your mind daily.

Embody what you're feeling, move about, envision the end result, breathe in how good it feels and take note of it so you can tap into the memory often.
Repeating a goal makes it stick. Say your goal out loud each morning to remind yourself of what you want and what you're working for. Every time you remind yourself of your goal, you're training your brain to make it happen.

But, don’t be fooled, it doesn’t matter how much you simply repeat something, you have to *feel* it in your body, get the excitement pulsing through your system and the ‘Can Do!’ attitude will start to pump up your feelings and surge you with confidence.

Feed the dream, gorge yourself on the things that send a tingle up your spine, the things that tug the edges of your mouth into that excited, knowing smile, as you feel those end goal results calling your name from successville.

“You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down.” – Mary Pickford

### Setbacks

Setbacks don't mean failure. Obstacles are part of the learning process as you retrain your brain into a new way of thinking. It may take a few tries to reach a goal. But that's OK — it's normal to mess up or feel like giving up a few times when trying to make a change.

Everyone makes mistakes so don't waste valuable time and energy beating yourself up. Remember you're learning new things all the time and learning is *valuable*. All you need to do is re-focus and get back on track.
This is key to achieving your goal. Don’t dwell on mistakes. LEARN from them. Don’t beat yourself up. It’s the next opportunity that matters, not the last one. The last one is only for learning.

Learn to differentiate insight from hindsight. Hindsight is when you look back and say to yourself “I wish I hadn’t done that” or “If only I had…”

Insight on the other hand, is recognizing when you’re looking at things in the wrong way, adjusting your path accordingly and changing it for the better.

I’m a firm believer in resolutions but don’t worry if you fall off the horse occasionally. It doesn’t matter how often you fall off, it matters that you get back up and get back on.

Some of my favourite movies of all time are the Rocky series. The motivation in each Rocky film is contagious. Like Rocky say’s “It’s not about how hard you get hit in life, it’s how hard you can get hit and keep moving forward, you have to be willing to take the hits and keep moving forward”

When I was abandoned to live on the streets as a child and many, many times since throughout my life, one of the key tools which has kept me moving forward and helped me achieve small, medium and also life-changing, seemingly impossible goals, is this incredible secret:
Every single moment you get the chance to begin again. Each moment is POWER packed with potential and energy, ready for you to begin!

It doesn’t matter when, where or how often you’ve begun before. There are no dead ends in which you can’t turn around and carve a new road, no closed doors that you can’t rebuild and open elsewhere.

Never let rules and stop signs stop you from creating your own doors and runways to your success. Never underestimate new moment resolutions, they hold incredible power.

If the New Year hype wears off, when the weeks or months have passed and your goals have maybe lost their shine. A new moment is there for the taking. At any time throughout your life, you can kick start into high gear again.

There’s always another moment. Remember to grab it by both hands and treat it like the sensational opportunity it is. You decide which moment is your moment and you can do it again and again.

Each step is taking you closer, map it out, if you fall down along the way, you learn something new, keep focused and motivate yourself to whole new heights. Keep feeding the fire, stoke the flames, feel the heat of your goals. Stay inspired.

Grab hold of your goal and don’t let go, this is YOUR life, your moment, dream BIG!
About the Author:

Lynika Cruz  
International Author, Motivational Speaker and Coach for Entrepreneurs and Writers

Lynika is an international author and a leading specialist in the areas of motivational speaking, writing and coaching.

She is passionate about helping people make more compelling choices and creating more empowerment and success in their lives. As the founder and CEO of “Words to Wealth” she speaks and consults around the world.

An insight into Lynika’s past shows where her motivation & underlying success come from. Lynika from early childhood had major life changing obstacles to overcome, having been abandoned at the young age of 14 and left to live homeless on the streets for over 10 months, she had to learn to quickly survive and eventually thrive.

Despite the huge amount of adversity at such a young age Lynika went on to create a highly successful career after putting herself through correspondence school, getting herself a job and eventually earning three degrees.

For the Past 2 decades Lynika has travelled to over 12 countries, worked, consulted and spoken to thousands of people from CEO’s of Fortune 500 Companies, to celebrities, actors, authors & poets, speakers and other successful leaders. She’s worked with companies such as IBM, Channel 10, Channel 7, Sydney Commonwealth Games, World Expo 88, Avis and Macys in the USA.

She is the Author of “Beggars Can Be Choosers – An Inspiring, True Story Of Strength and Triumph Over Adversity” her poetry features in literary journals across Canada, Australia and the USA.

She has earned degrees with honours in Education, Health Science, and Creative Writing and was ranked in the University’s top 14% out of 10,000 for aptitude.

Lynika lives in Queensland, Australia and is currently working on her upcoming Book Series ‘Words to Wealth’.

http://www.BeggarsCanBeChoosersBook.com

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