

The importance of striving to achieve personal goals



**ASSIGN
BUSTER**

1. Your goal must be conceivable. You must be able to imagine, conceptualize and understand the goal or desired result. Top athletes practice visualizing step-by-step actual success in their sports competition. By visualizing your success in great detail, you are conditioning your mind and preparing yourself to achieve your desired success.
2. Make your goal believable. Your goal should be consistent with your personal values system, and you must believe you can reach the goal. It is critically important that you believe in yourself. You must see yourself with the goal in hand.
3. Your goal must be achievable. You must have the mental and physical capacity to reach the goal. It would, however, be important for your goal to cause you to stretch beyond normal self-imposed limits. You will find a goal that causes you to stretch and grow will be the goal that gives you the most satisfaction. Don't be afraid to challenge yourself to go beyond old limits!
4. Make your goal measurable. Deciding to do better than last year or to be happy gives you no standard by which you can measure progress. Be sure to relate your goal to quantity, percentage increases, dollar volume, time or distance. This will allow you to measure your progress.
5. Your goal should be controllable. This means you must be able to achieve the goal yourself, or gain the willing cooperation of others to reach the goal. This emphasizes the importance of building team spirit. If you can have no control over the outcome of an event, it's not realistic to set a goal in this area. It would be like gambling in Las Vegas. Without a proven system that

beats the odds, lack of control will lead to frustration – and cost you a lot of money!

6. Be sure you have singleness of purpose. Make sure your goal is not in conflict with other areas of your life. For instance, if you decide to travel extensively in your business or work 80 to 90 hours per week, this will interfere with your personal or family relationships. The travel and long hours could lead to poor health or family discord. Some goals become mutually exclusive and create conflict with other goals.

To be a competitive tri-athlete you must train for four to six or more hours daily. That leaves little time from career and family. You must then decide what is most important. Be sure to set priorities so you can focus on what is truly important; not just urgent. Too often we spend our time putting out brush fires. We handle daily crises instead of dealing with top-priority activities, which will contribute to reaching the goal.