**Motivational Minutes on Goals Subjects from 2011-2014**

**(Also see the Risk Taking file.)**

1. **Have a Vision**



**Quote of the day:**

"You'd better know what you want, because you'll probably get it." — Dan Greenburg

**Reflection:**

Not only Mr. Greenburg, but many other self-help writers and success coaches have said the same or similar things. Indeed, there is an almost bewitching way in which our success in life is dependent on our ability to set very high and very specific goals.

The legendary industrialist, Henry Kaiser, when asked to give his philosophy of success, said, "Decide what you want most of all out of life; then write down your goals and a plan to reach them."

Great advice. Why not take some time to write down your goals and a plan to reach them? And if you have already done so, then review your progress and see what the next steps are to reach those goals.

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1. **Commit Your Goals to Paper**

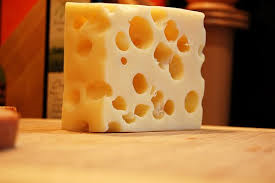


**Quote of the day:**

"Committing your goals to paper increases the likelihood of your achieving them by one-thousand percent!" — Brian Tracy  
  
**Reflection:**  
  
The power of writing things down is amazing. So often people’s goals are just dreams, or pie in the sky, because the owner of them has never written them down. However, once you write your dreams down they become specific goals. Then, if you read them over a few times a week, or even every day, your brain begins focusing on how to achieve them. This is why you are more likely to achieve your "dreams" by writing them down in the form of a story.  
  
Take time to write down every goal you want to accomplish in your lifetime. The great thing about having dreams and goals is that you're allowed as many as you want! Be definite when you write them down. Include specifics and capture as many details as possible, for example: amounts, deadlines, the emotions you will feel around it, steps to get there, etc.

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1. **Procrastination**



**Quote of the day:**

“Nothing is particularly hard if you divide it into small jobs.” — Henry Ford

**Reflection:**

Henry Ford ought to know, as it was on this idea that the automobile assembly line was born. Large successes are usually a series of small ones. So I tend to agree with Henry’s statement, and in fact, I have used what I call the “Swiss Cheese Method” for many years when I find I am having a hard time getting started on an important project.

First I break down the project into small tasks. Then I poke holes in the project by doing the easier, the more interesting, or the tasks that will take five minutes or less to start. I have found that usually once I get started it gives me the desire to keep going. After I have made a few holes in a big job, I find it’s much easier to finish than I had originally thought.

Are you putting off or procrastinating on any projects that you could apply the “Swiss Cheese Method” to?

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1. **Be Specific**



**Quote of the day:**

“In the absence of clearly defined goals, we become strangely loyal to performing daily trivia until ultimately we become enslaved by it.” — Robert Heinlein

**Reflection:**

Setting goals is more than having a vague idea of what you want to achieve in the next few months. Instead, you have to be very specific. For example, saying, "I want to be wealthy in six months" isn't going to cut it. You need to say, "In six months I will earn $100,000," or whatever the case may be.

Whatever your goal is: to lose weight, to have a better relationship, to start a new career, to earn more money, to reduce the stress in your life, to be more spiritual you need to be specific. Being definite will help your mind focus on precise ways to achieve your goals.  
  
Take time to fine-tune your list of goals. Be specific and detailed with each one, make it tangible, set specific times and measurable success for reaching each goal.

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1. **Carry Away Small Stones**



**Quote of the day:**

“The man who removes a mountain begins by carrying away small stones.” — Chinese Proverb

**Reflection:**

If you have ambitious goals, that’s wonderful! However, don't make the mistake of trying to do everything all at once, hoping that you will succeed, as it doesn't work this way.

Don't expect to rush through big goals. Instead, make a plan and start working towards your goals one step at a time, on a steady, regular basis as you maintain forward momentum.

Once you realize that big goals are achieved step by step, you won't feel so frustrated as you patiently “carry away small stones.” Eventually you will see what a big mountain you have moved.

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1. **Choices**



**Quote of the day:**

“Every choice you make has an end result.” — Zig Ziglar

**Reflection:**

Life is made up of choices, ranging from mundane to mind-boggling. What should I wear today? What do I want for breakfast? Who should I marry? What career should I pursue? Big and small, our choices work together to order our days, define who we are, and largely determine our levels of happiness and fulfillment.

Ironically, it's the little choices that often get more than their share of our time and attention, while the most fundamental choices, the ones that matter most and could make the biggest difference, get overlooked or put off. What do I want out of life? What kind of person do I want to be?

It's possible to go through life without ever tackling those big questions—millions of people do—but that approach to life is far more likely to end in disappointment and regret than in genuine accomplishment and happiness. As Yogi Berra cleverly put it, “If you don't know where you're going, you'll probably end up somewhere else.” Don't let that happen to you. Start asking those tough questions and find what matters most to you and go for it.

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1. **Long Term Goals**

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**Quote of the day:**

"We all need lots of powerful long-range goals to help us past the short-term obstacles." — Jim Rohn  
  
**Reflection:**

It is often hard to see past the here and now crisis in our lives. We often find ourselves taking care of unexpected emergencies. However, if you have a long-term goal that will take a year or more to reach, then it makes it easier to focus on how to fix the current problem and move on toward reaching the bigger goal.  
  
Set at least one long-term goal for yourself and begin working towards it today.