



Setting & achieving your Goals for the New Year

By Eric Alders

The New Year is upon us and if you are like most people you are preparing your list of New Years Resolutions that you are determined to achieve this year. I mean this time, you mean business and this is the year you are going to follow through right? Do you notice any items on your list that were there last year? My best is that there are a few and if you are like the majority of the population, you will actively pursue your goals for no more than 1-3 months and then give up. So if you really want to achieve your goals this year or anytime of the year, then please read on.

Goal setting should be a part of your daily, weekly, monthly and yearly life. You set goals, you achieve them and then you create more. This is something that should be taught at a very young age. Think about it, if you turn to the average person, young or old and say "so what are your top 10 things that you would like to achieve this month or this year or in the next 5 years?" You will most likely get a blank stare back because the majority of people know that they want to advance in life, they know that they want to achieve greatness and success but for whatever reason they don't actually put a realistic plan together. For some, which is even worse, they don't even know why they want to achieve those goals.

So without going into a full book on the subject, there are a few things that you must understand and change in your mind in order to actually achieve your New Years Resolutions or any goals for that matter.

What are my Goals

Well that seems like a simple question right? The sad part is that many people do not know what their goals and dreams are. I need you to do this though, grab a piece of paper and a pen or a laptop. OK are you ready? Now I want you to take 2 full minutes to write down every single goal that you would like to achieve, now or in the future. I don't want you to analyze why you can or can't achieve it or how just allow your brain to come up with ideas, listen to yourself and write EVERYTHING down, even if it seems silly. Keep the pen moving or the keys typing for the entire two minutes. Ready.....Go.

Now that you have your list, I would like for you to mark 1 for every item that you believe you can achieve in one year, a 3 for three years and a 5 for years and 10 for ten. Once you have that completed you can transfer them to a new piece of paper if you'd like and create multiple columns for each so it's easier to view. So your 1st key here is to understand that you will never reach a goal if you don't set a realistic deadline for yourself. For someone to say I would like to loose weight this year is not going to have the same results as the person that says I am going to lose 15 pounds by March 15th. If you set it, then you will get it. It does not become a reality until you have the deadline and you hold yourself accountable..

Understand the Emotions behind the goal

Now that you have a clean a detailed list of goals for the next 1-10 years, you need to find your true motivation to reach them. So if you said that you would like a million dollars, or a new car, or a new spouse or whatever then ask yourself WHY you want them. Most don't have an answer other then, well because that's what I want or I would like it and some don't really know why. The key is to understand the emotion behind the goal. For example if you want a bigger house break it down to the basics. What is that house going to give you, emotionally? I believe some options would be happy, fulfilled, confident, complete and so on. The emotion is what will drive you to achieve success with your goals. If you focus on the feeling of fulfillment, satisfaction or success then you will be driven more then you would if you just focus on the material object that you are seeking. So go back through your list and discover the core, basic emotion that you would feel if you achieved that goal. Now the real secret here is to actually feel the emotion now as if you already have it. Feeling those emotions now will allow your subconscious to drive you towards achieving the success.

Understand the difference between "Should" and "Must"

Another factor that comes into play is understanding the difference between what you should do and what you must do. Most people create goals thinking that they should eat better, they should be a better person, they should be a harder worker, they should _____. The big difference is that when you must do something amazing things can happen. You might say that you have no time to take off and workout at the gym because you are too busy. Now let's say that your Doctor tells you that if you don't change your lifestyle in the next few months that you will have a massive heart attack and die, do you have time now? If you thought that you should go to work and went when you wanted to, would you have a job? Of course not, you have accepted and programmed your brain that your career is a must therefore you go every day. Imagine you used this same philosophy for any goal in your life? Reprogram your brain to make your "shoulds" into "musts" and I guarantee that your brain will not accept anything but success from you. So now that you have this knowledge I want you to go to your 1 year list and prioritize the items that you MUST accomplish and an order in which you can accomplish them.

So if you understand your goals, break them down specifically and assign deadlines to them, understand the emotion behind them and adjust your focus so that they must be achieved you will be more successful this year. I want however for this to be a lesson that you should not just set goals for yourself once per year but rather develop the habit of doing this all of the time. If you are not setting and achieving new goals constantly then you are just standing still in life. Decide if you want to watch the train of success pass or hop on for the ride of your life. I wish you all luck, success and a happy and healthy New Year.

Master Eric Alders is a 5th Degree Black Belt as well as the owner and head instructor of The Karate Dojo in Jackson, NJ. He is a Level 2 Certified American Top Team MMA Instructor and a licensed Cage Fitness Instructor. He is also a contributor to MA Success Magazine a worldwide Martial Arts Trade Magazine



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