

Ten Ways to Improve Your Success

Can any new approach make a difference and help me actually accomplish what I say I want to do ... and if so what is it? How many more times will I set a goal to get organized, lose weight, stick with an exercise program, find a new job, take steps to start my own business, _____?

Following are some tips about setting and achieving goals that in both my personal experience and my work as a coach have dramatically increased the likelihood of successfully achieving a goal.

1) **Write down your goal!**

Writing down goals increases commitment. Start a goals journal. Make sure you write SMART goals- specific, measurable, achievable, results-oriented, and time-limited. Display your goals where you will see them often. Try the bathroom mirror, refrigerator door, next to your computer.

2) **Write down your compelling reason for wanting the goal.**

Write it with passion, with feeling, with energy. Emphasize the inner motivation. Use the Five Why's Method. Here is an example :

Goal: Lose 20 pounds

Why do I want to be 20 pounds thinner?

So I will look good in clothes

Why do I want to look good in clothes?

So I will be attractive to the opposite sex

Why do I want to be attractive to the opposite sex?

So I will find a relationship

Why do I want to find a relationship?

So I will have someone to love me

Why do I want someone to love me?

Because I am lonely

3) **Create a plan made of small doable steps to get you where you want to be, with timelines.**

Establish achievable daily and weekly objectives. Review your plan frequently.

4) **Create 3 to 5 empowering statements (affirmations) that will motivate you.**

Make them positive and exciting enough to energize you and keep you motivated. Use the present tense.

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5) **Visualize what it is like having achieved your goal.**

Visualize you are living it- taste it, feel it, smell it, see it, revel in it. Talk about it in the present tense – as if you have already accomplished the goal. Act as if it is already a reality.

6) **Start a daily routine.**

Each morning review your goals, your compelling reasons and say aloud your powerful positive statements. Visualize your goal already obtained. Write out one step you will take **today** to achieve your goal. Then do it! No excuses - make that one step a priority! Repeat your power statements throughout the day.

7) **Replace negative self-talk/beliefs with life-enhancing ones.**

Know that you are the creator of your thoughts and beliefs, and choose ones that are life enhancing rather than limiting. Know that thoughts, beliefs, and inner dialog create behavior. Remember *you are what you think*.

8) **Journal daily.**

Write in your journal daily reflecting on your thoughts, emotions, barriers, possible solutions/alternatives, daily successes, your gratitude.

9) **Enlist support to keep you accountable!**

Find an accountability buddy, hire a coach, or join a Mastermind group.

Joining a Mastermind group is by far one of the best ways my clients, and colleagues have used to make dramatic progress. To learn more about Mastermind groups, how to start your own group, or find a group to join

<http://tinyurl.com/y89n8ho>

10) **Celebrate your successes!**

Set up small milestones in your journey, and when you reach each one, celebrate!

If you incorporate some or all of these tips you will dramatically increase your potential for success.