

Supercharge Your Goals, Part Two

In last month's column, I described the first four keys to supercharge your goals.

1. The first vital key is to **put your goals in writing**. This puts the wheels in motion for your goals and makes your goal as specific as possible.

2. The next key is to **take personal responsibility for your goal**. You must state your goal in the first person. In other words, always use the pronoun "I" when you are stating your goal. This tells your mind that you are responsible for the attainment of that goal.

3. The third key to supercharge your goals is to **always set positive goals**. Your mind does not understand how "not" to act. It can only understand how to act. Therefore, you must state your goal in the positive sense of what you will do, rather than what you won't.

4. Finally, you must **make your goals vivid**. Make your goal as exciting and sensory rich as possible. It is only when you can experience your goal in advance that it will have the necessary attraction to pull you towards it.

The following are the final two keys in making your goals a reality.

5. **Balance your goals**. In setting goals, it is important that you set goals in all areas of your life. This is called the "Total Person Concept". We believe for a person to be truly successful, they must be successful in all areas of life, not just one or two. Too many people set goals only in their financial area, or in some

other area that they spend almost all of their waking hours thinking about. This creates a lopsided existence.

My Goals Are...

We feel a person should have goals in six different areas: mental and educational, physical and health, financial and career, family and home, social and cultural, and spiritual and ethical. By forcing yourself to set goals in all areas of life, you commit to being a well-rounded person.

6. **Focus**. Probably the number one key to achieving your goals is the amount of focus you can put to them. You must be able to focus on your goals and keep them constantly in front of you and in your mind's eye to attain them. There are two keys here that I have found very effective.

Two Keys for Focusing

Key #1: Limit yourself to one goal in each area of life at any point in time. One of the things that I have done is that I always limit myself to six goals. I can only be working on one major goal in each area of life at any time. This forces me to focus in on those six goals. It is easy for me to always know what goals I am working on, because I am only working on six goals at a time.

If anybody asks me at any given time, I am able to state exactly which six goals I am working on. This creates incredible focus in my life, because I am not scattered trying to

pursue too many goals at the same time.

Key #2: As I said at the beginning of the article, it is important to put action behind your goals and one of the ways you can do so is to write your goals out. I have found that to really supercharge your goals, it is incredibly effective to write your goals down every day. In fact, I usually try to write my goals out twice a day, once in the morning and once at night.

By forcing myself to put my goals in writing twice a day, I am taking action on my goals every day. It is also burning the goals into my conscious and subconscious mind. There is no question as to what I want to achieve. There is no doubt in my mind as to specifically what I want in my life. This focus creates incredible power and attraction to bring those goals into existence. It is almost as if it is impossible not to achieve those goals.

If you follow the above keys, you have done almost everything you can do to virtually guarantee the achievement of your goals. The only thing you need to do now is act. Get started on your goals immediately. Don't wait. If you can get started on your goals, you are already half the distance toward achieving them.



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