

Top Ten Tips for Great Goal Setting and Achieving



By Gary Haseldine

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There have been volumes written on the topic of goal setting. Programs, courses and seminars abound. Why?

We have successfully evolved beyond other mammals owing to the unique design of our human brain.

In a healthy brain the well developed frontal lobes allow us to choose a course of action. In other words, we have a free will. Rather than being driven by primitive impulses, we have the ability to contemplate possibilities and then act upon them.

What an asset! And what should we do with such a natural gift?

Like many others, I believe that setting goals is essential to achieving more than just a humdrum existence. Without personal goals that we consider important, life arbitrarily selects them for us and becomes a haphazard, hit or miss affair. In fact without real goals we are listless and lazy! By the same token, a balanced portfolio of goals gives us energy and a sense of purpose.

So where do we go from here? As I said, there has been much written *and* spoken about goal setting. Here are my **Top Ten Tips** to help you achieve your own special dreams.

1. Intent

Of course the first step in goal setting is deciding what you want to achieve. In his book, **Synchro Destiny**, Deepak Chopra writes,

"Intent is the very basis of creation. The ancient Vedic texts known as the Upanishads declare, 'You are what your deepest desire is. As is your desire, so is your intention. As is your intention so is your will. As is your will so is your deed. As is your deed, so is your destiny.'"

He maintains that intention orchestrates infinite possibilities and will provide opportunities. However, you still need to *act*.

A specific goal then, focuses your intent and engages your automatic guidance system – your servomechanism. Think of a goal as being the set of coordinates programmed into a guided missile. Without them it is very unlikely that it will ever reach it's target.

2. Release your imagination

Children have a wonderful, unlimited imagination. It's a fact of life that by the teen years, this beautiful faculty has been stifled and is rendered relatively dormant. So when it comes to setting goals, it can be difficult to imagine what it is you really want; to get a clear picture of it in your head.

The good news is that there are ways to return the use of your imagination. Playing games, learning music, or taking up a creative pursuit are some suggestions. However, to get started quickly, one idea is to write out a fantasy shopping list of all the things you have ever wanted to do, be or see. This will release your imagination and you can then set some realistic goals based on your fantasies.

3. Act now

Dr. Maxwell Maltz, author of **Psycho-Cybernetics**, was once challenged by one of his students. The student claimed that he was following all Maltz's goal setting techniques and yet he was not achieving his goals. Maltz told the student in no uncertain terms that he lacked the courage to act.

He said, *"we must have courage to bet on our ideas, to take the calculated risk, and to act."*

And you must act decisively. Half hearted attempts won't cut it. As Jedi Master, Yoda famously said ... *"Do or do not. There is no try."*

By taking action, you will find the confidence and the energy to take more action.

4. A high self image

Courage to act emanates from having a high self image. Failing to achieve a goal more often than not means the goal is in conflict with the self image. With a subconscious lack of belief in ability, comes procrastination.

The solution initially is to lower the goal so that you actually do achieve it. Then by remembering this past success and building on it, you expand the self image and simultaneously, the area of what you believe to be possible. Then set the next goal a little higher and so on.

You can accelerate this process and substantially increase your self image easily and effortlessly by using our **Positive Mind Management™** Program

5. Semantically correct

A goal is more powerful when it is written. However a major consideration for the successful achievement of the goal is that it is written *correctly*. The comparative analogy of the modern computer and the mind/brain mechanism is useful for understanding just how precise the human operating system is.

A computer's output will quite literally replicate the input. Likewise your goal must contain semantically significant information that gets through to your operating system. The goal must be exact in its wording and accurately reflect your desired outcome.

And remember, the mind works in the "now". A goal must be written in the positive present tense as though it has already been achieved.

E.g. "I have" or "I am ..."

6. KISS

Remember the KISS principle – Keep It Simple! There is a real danger of over thinking a goal and then failing to act. Never worry how it's going to be achieved. It's called paralysis by analysis.

A simply written goal is enough to get your servomechanism seeking here and searching there for all that is needed for its accomplishment. You begin to see and hear things you haven't noticed before and it all starts to fall into place. Then the finer details can be attended to.

Remember your **intention** has creative power in it.

7. Aim high

When setting a goal, aim a little higher than you really want to reach. This pushes you a little out of your comfort zone. However, unlike your *imagination-releasing* shopping list in **Tip 2**, it won't be a fantasy.

It's a fact that if you aim for the top of the trees, you won't even get off the ground, you need to aim for the sky to reach the top of the trees.

A delighted client wrote to thank us... "Not only did we achieve the goal, but we managed to surpass it by \$500,000!"

8. Relaxed visualisation

It's well documented that a goal must be vividly visualised with emotion. The mind cannot tell the difference between a real and an imagined experience.

The process of visualisation creates behaviours conducive to the attainment of the goal.

However, it is even more powerful to visualise a goal when you are in a deeply relaxed state. At this time, when the brainwaves slow to the alpha theta level, your mind is open and very suggestible.

So every day, read your goal and then use some form of guided relaxation technique (such as [Positive Mind Management™](#)) to help you attain that level. Then visualise the successful achievement of the goal using all your senses.

9. Repetition

Repetition is known as the mother of learning and repeatedly envisioning the successful achievement of a goal quickly brings it to fruition.

The more you think a thought the more hardwired it becomes in your neural network. The imagined behaviour becomes real. All of a sudden, you see opportunities where there were none and somehow attract the help you need to achieve the goal.

Eighteenth century philosopher, Goethe said that the moment one commits oneself, then providence moves too.

Put your written goal in a place or places where you see it and visualise it every day. Hold on to your hat – expect a miracle!

10. Reward and set another goal

If you are feeling listless and lethargic at any time, ask yourself, “have I just achieved a goal?” If the answer is “yes” it could be that you haven’t implemented these last but vital steps in the goal setting and achieving process.

Rewarding yourself upon the achievement of a goal is a huge motivator.

A reward is a pat on the back for a job well done – you can be quietly self congratulatory, buy yourself a small gift or take the family to dinner. Similarly, share your goal with *positive* people and they can help you celebrate more publicly, when the time comes.

Set another goal in place immediately. You are a goal seeking being and your mind demands you to have a goal to pursue *at all times*.

Goal setting takes advantage of a natural human ability and we are happy to say it is one of the cornerstones of our [Positive Mind Management™](#) Program.

In conclusion, we encourage you to learn much more about this subject and then use this knowledge to create the life of your dreams.

The more you engage in the practice, obviously, the better you become and we would welcome the opportunity to make a contribution to your future success.

All the best for now

Gary Haseldine

About the Author

Gary Haseldine has been a leader in human potential for over 20 years. He is a clinical hypnotherapist and a foremost authority on the self image and [Positive Mind ManagementTM](#) .

An inspiring and motivating speaker, Gary has produced technologies to guide and enrich lives.

The results achieved by his clients, many of whom are elite in their own fields of endeavour, speak volumes about the veracity of his programs.

For more success tips, get your **free Winner's Ways** e-newsletter today.

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