

Achieving Your Goals – Principle 3

Here we will need to establish what is required to achieve goals. We will definitely need the right ATTITUDE and we will definitely need some PASSION. The PASSION will drive us and the ATTITUDE will guide us.

So, how do we go about setting our GOALS? We have to be very clear about them. We have to be specific. And we have to have a time frame. Sounds difficult?? Not at all. We just need to be very clear about what we want and when we want them.

Ok now, start with something useful and measurable. Let's say you want to be healthier. So you have to look at

- What you eat now each day.
- How much you exercise each day now.

Then you would determine

- What unnecessary items you can eliminate from your diet.
- How much time you can put into exercise each day.

Now you set the time frame. Make it realistic. In this case, say 4 weeks. So your GOAL might look something like this.

Each day I will exercise for at least 20 minutes. I will eat only the good things that my body needs to be healthy. And each day I will feel healthier and after 4 weeks (date) I will look and feel fantastic!

Exercise doesn't have to be going to the gym or playing sport. Although these things are great! When you walk to the shop, walk with a spring in your step. Or when you are at the shopping centre, have a purpose about you. Just do something simple every day for 20 minutes. Then you will find you will feel different and may have freed up some more time! Fancy that!

When it comes to diet, everything in moderation works. Just make sure your diet is balanced. Ensure that you are consuming enough from all the major food groups. Balance and moderation works. You can still spoil yourself occasionally just not every day!

Before you start, write down how you feel about your health now. Then write your GOAL statement on a small card and carry it with you. Then check how you feel about your health on the date you specified and record it. That is what is meant by *useful and measurable*.

Now keep the up the momentum...change your life...move ahead....