

# 3 Keys to Achieving Your Goals

This is a quick guide to achieving your dreams. I hope you have a goal in mind because this guide will help you to break it down and get started. If you follow this method I guarantee you will succeed.

So, lets get started.

Here's my disclaimer  
and I won't put it in fine print:

**Dreams don't work  
unless you do.**

## ONE: Word the Goal Correctly:

Your goal has to have two things: 1) a clear intention 2) a deadline

- 1) Intention: Like in “SMART” goals it has to be measurable and specific. There should be no wiggle room for anyone (including you) to say you didn’t accomplish it.
- 2) Deadline: Again, this shouldn’t have wiggle room. I get stuck on this because I get hung up on the fear of not accomplishing it. However, the truth is I work better with a deadline and I can always evaluate my progress and alter it afterwards.

Examples of clear goals:

- Loose 20lbs in 12 weeks
- Pay off my house in 5 years
- Earn an extra \$500/month with online business by March 31st

Examples of the same goals but with more wiggle room:

- Loose weight
- Get out of debt
- Start an online business

## TWO: Make an Effective Plan:

This is vital. Failing to plan is planning to fail. Write out a plan for the amount of time you need. What was your deadline? Work backwards from that day.

Here is one example from above

Goal 1: Loose 20lbs in 12 weeks

Plan:

- Each Sunday make lunches to take to work- frozen veggies, spices, beans/ chickpeas/proteins.
- Each Sunday make detox water for the week.
- Each Sunday make a meal plan and go grocery shopping for those items.
- Make a Work Out Plan for the Week:
  - Monday: Core & Back (write down the exercises and reps for each)
  - Tuesday: Cardio (write down what this means: i.e.. run for 20 mins)
  - Wednesday: Legs
  - Thursday: Cardio
  - Friday: Arms
  - Saturday: Cardio
  - Sunday: Rest
- Weigh In on a BMI machine if possible for weight loss, because it's really fat loss that you want, but we are convinced of the number on our scales.
- Weigh in each week and record your progress (collecting the data is key!)

### **Use incentives with your plan.**

For each pound lost you get an extra episode of your favorite TV show.

For each 5 pounds you make a coffee date with someone you love dearly.

When you loose 10 pounds you go out dancing (unless that's not fun for you)

These are just examples - whatever you find fun, use that as a reward.

In my business goals I break everything down step by step and after each step I find a new incentive. It might be a bubble bath, it might be a new pen, it could be a trip to somewhere new! It all depends on you and your goals.

## THREE: Get an Accountability Partner

This is another key. It's so important that I think I could write a book about it, but I don't need to if you trust me. Having someone else that knows your goal and will/ can hold you accountable is very important. Please note that I'm talking about one person, don't go telling anyone who will listen about your new goals. Let people see the change you are making, let them ask about what you are doing, you might inspire others to make a difference.

You almost need a contract, or some written guidelines to this. I had a friend email me recently with a goal she set in her life and she asked me to help keep her accountable. It was as easy as that. Although, there is wiggle room if she doesn't set guidelines for me.

Dear/Hello (insert name),

I hope you are doing well. I am writing because I have set a new goal that I would like to share with you. I am going to (write clear goal) by (write deadline). I am telling you this because I would like to ask if you would hold me accountable? For me to achieve this I need support. Could you please... (explain guidelines - examples below)

- Email me once a day/week/month and ask about my progress?
- Could you ask me for specific gains that I have evidence of?
- Could you please work out with me once a day/week/month?

I realize this is a lot to ask. I am asking for your time and commitment, but I trust you and I respect your time. Maybe I can help you with a goal of yours in return?

Please let me know if this is ok with you.

Kind regards,  
(Your Name)

That's it, I realize it might be formal, but we are talking about your life here! Your goals! You deserve to achieve your goals, and other people deserve to be part of it. I bet you have someone in your life that you trust and respect that can help you out like this. If not invest in a life coach, or accountability coach like me (or many others out there) and we can help you to achieve your goals!

## Those are your 3 keys to success.

Does any of that seem redundant? Do you feel like you have heard it before and you are still not achieving the results you want? I hate to break it to you, but it doesn't work unless you do. Be honest with yourself. Are you putting in the effort? Are you really working towards this?

There is probably a really good reason, or at least something that would explain it. Like a limiting belief or a self-sabotaging belief. Find more information out on my blog or email me for help.