

# **Ask and You Shall Receive**



**Attaining the Achievers  
Freedom**



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Attaining the Achievers Freedom

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## INTRODUCTION

Goal setting is a necessary part of motivating ourselves into action. As soon as we determine a want, need or a desire we set a goal and make a plan to achieve that goal. Goal setting requires discipline, hard work, prior planning and good time management skills.

Goal setting is a process where you let your imagination go wild with your passion for life and the things you enjoy doing. If you like to sail but don't own a boat your goal might be to make a plan or set a goal to own your own sailboat in five years.

Goal setting is about self-discovery and achievement. How badly do you want to own your own dream house? After you have determined what you want you need to formulate a plan to get it. Goal setting is planning and implementation.

Common goal setting is the desire for financial wealth. Most people want money so they can buy things. When you ask individuals what would they do with a million dollars most people don't have a ready answer because they have not set goals. Goal setting help individuals focus on positive aspects of work and achievement. Most people must work to support themselves.

One of our first goals had to do with acquiring an education so we could get a job to make money to pay the rent and buy food. Our second goal may have been making more money on our job and saving money to invest in home ownership. For every goal there must be a plan in writing.

Goal setting contributes to an environment that is conducive to self-improvement. Goal setting almost always involves money directly or indirectly. It doesn't cost a lot of money to play tennis, but if you want to play everyday before you work and travel for major tennis competitions you have some planning to do.

Goal setting is a way for people to determine what they want for their lives and a plan to achieve it.

Understand what makes you happy and gives you a sense of satisfaction. Determine how close you are to living your ideal life and identify the elements that are mission from what would make your life ideal. Goal setting is determination to achieve the things you desire.

Goal setting should include areas of self-improvement that will enhance your overall productivity and this will make accomplishing any goal easier. Do you have the skills you need to achieve the goals you have set for yourself? If not how will you obtain these skills?

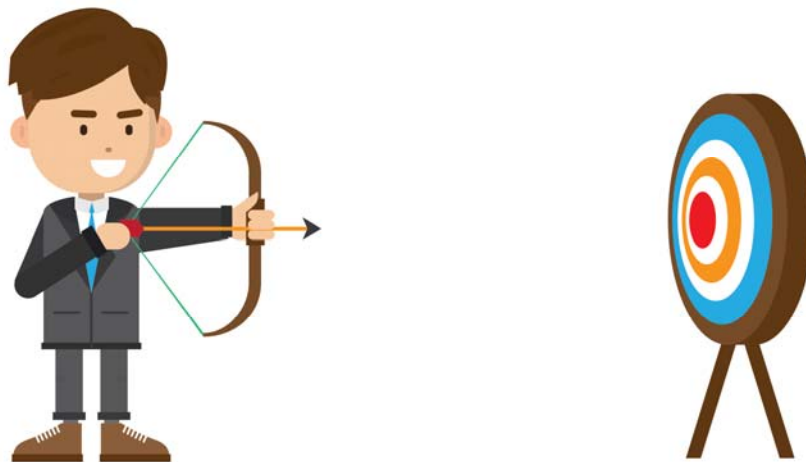
Goal setting requires first that you understand where your enjoyment for life comes from. What do you want for your life on a daily basis?

Goal setting should not be a burden but a motivating factor that get you closer to the lifestyle you truly desire.

Discover the secrets to successful goal setting for achievers in this motivational guide specially written just for you.

Remember. **YOU GET WHAT YOU SET.**

Happy Reading.



## **CHAPTER 1**

### **GOAL SETTING AS THE SECRET FOR A SUCCESSFUL LIFE**

Successful people are people who live intensely goal orientated lives by implementing the discipline of goal setting. They normally have a written out goal statement or a list of clearly defined goals with specific measures to indicate to them when a specific goal has been achieved.

This goal setting statement is not just a vague or generalized statement. If you study very well, you will usually be advised that "goal setting" is one of the principal ways to ensure a successful life. This raises the question: "Why do people often attempt goal setting, simply to be unsuccessful and be frustrated with the process and the outcomes?"

The fact is, the importance of goals cannot be emphasized enough, however most people just do not recognize the importance of goal setting. This is most likely due to the fact that they were not raised in a home where goal setting and achieving the set goals was practiced.

They therefore did not learn the important skill of goal setting as part of their upbringing. Without the integration of goal setting as part of their lives people just do not value it as an important part of their success, or the lack thereof.

People often do not practise goal setting because they simply do not know how to go about it. Many times people are under the impression that they do have goals, while actually they only have a series of vague dreams or wishes like "To be happy" or "To make a lot of money".

A goal is distinctively different from a dream or a wish. It is clear, specific and written down. It has measurable outcomes to indicate with no uncertainty when the goal is achieved.

People have an inherent fear of failure. They therefore don't set goals simply because they are afraid of failing or not achieving the set goal. No one enjoys failing. It is painful often

on many levels and depending on the area of failure, can cause different levels of distress in a person.

Failure is unfortunately not something that cannot be avoided altogether. The way one responds to failure can however be controlled. Failure must be seen as building blocks for a successful life and every failure moves you one step closer to living this successful life.



Closely linked to The Fear of Failure is The Fear of Rejection. The Fear of Rejection in goal setting is situated in the notion that when a person fail to achieve a specific goal, that person will be less acceptable to friends, family and peers.

Instead of setting goals people then tend to shy away from clearly written down goals. The key is to implement a measure of confidentiality about your goals. You do not need to publicize everything about your personal goals. You can allow the results to speak for itself, when you do achieve your goals.

It is important to remember that successful people do not see goal setting as an isolated activity from the rest of their lives. Goal setting form an integral part of their lives, allowing them to live much more focused lives.

The advantages of living with goal setting as an integrated part of their life, is the fact that these people enjoy more financial security, more rewarding relationships, are more at peace with themselves and accomplish a great deal more than most people could possibly dream of.

The capability each one of us has for goal setting is a critical factor in personal success. Living a goal orientated life assists in unlocking a positive mindset. This in turn releases the necessary energy to do whatever it takes to achieve the goal. Goal setting can therefore be regarded as the master skill of a successful life.





## **CHAPTER 2**

### **REASONS MOST PEOPLE FAIL AT GOAL SETTING**

Now is a great time to review your goals for the year and determine how well you are doing at accomplishing those things you wanted to get done this year. If you are like many people, you probably have a few goals that you haven't made much progress toward achieving.

You may even have some that you haven't even started. Maybe you started to set some goals but never even went back and finished them. Many people avoid setting goals because they tried it once and when they didn't achieve them, they decided goal setting just doesn't work.

The fact is the people who are most successful in the world are avid goal setters. They are driven to accomplish what they set out to achieve and they know what they are aiming for. That is what goal setting really does for you - it gives you a clear target to aim for. You are much more likely to hit a target if you have one to aim for.

So, why don't goals work for most people? The reason goal setting fails is because the goal setter has not followed the steps necessary to establish clear, focused goals that create a roadmap for success.

Here are the five reasons most goals don't work and how you can avoid these mistakes to create powerful goals that lead you to the wealth, success, happiness and prosperity you seek.

1. Generic goals - many people set very generic goals that do not create a vision of what they are trying to accomplish. Goals such as, "buy a new house," "increase my profits," "save money for vacation," do not inspire action and do not give you a specific target to achieve.

If you want to buy a new house then set a specific goal for what kind of house you want to buy, where it is located, how much it will cost, what it will look like, how big it is and what amenities it has. Create a very clear picture of what you want and write your goal

accordingly. Determine what your goals are and BE SPECIFIC. That is the key to avoiding the mistake of generic goals.

Be as specific as possible. Create a clear vision of what you are aiming for. Whatever it is, be specific when setting the goal. If you are trying to increase the profits of your business - decide exactly how much more you want to produce.

Pick a dollar amount or a percentage increase you are determined to make. If you are planning a vacation and want to save for the vacation, then determine an exact amount, where you will go and what you will do.

No matter what the goal is, the more specific you are the better chance you have of achieving it. Why? Because the more clearly you define what you want the more solidly it will be locked into your subconscious mind.

Locking your goals into your subconscious is a critical component of achievement. Once you have created a clear vision of the goal and locked it into your subconscious then you will find that the actions you take tend to lead you toward the accomplishment of the goal.

2. Inability to measure results - if the goal you set does not allow you to measure your progress then how will you know if you are getting closer? Specific goals will make it much easier for you to measure progress.

Generic goals that cannot be measured are doomed to fail. Measuring your progress allows you to make adjustments along the way so you stay on track. Make your goals measurable and they will be more powerful.

3. Setting unachievable goals - if the goals you set are so outlandish that you simply cannot reach them in a reasonable time period then you will become discouraged and give up. Establish stretch goals but not unachievable ones.

It is good to establish goals that make you learn and grow and challenge you to reach them. However, don't hurt your chances of succeeding by being unrealistic. Strong goals are those that are realistic and achievable.

4. Setting goals that are not relevant- make sure the goals you set tie into your long-term plans and mission for your career and life. Too many times people set goals that sound good in the moment or are relevant to someone else's plans but not yours.

Make sure your goals support what you are trying to accomplish or else why pursue them at all. Don't waste your time chasing unimportant goals.

5. Not setting a timeframe for achievement - if you set goals that are not time bound then it is easy to let yourself off the hook and not take action. Setting a timeframe to meet the goal creates an accountability to take action. It also allows you to adjust your activity and make corrections along the way.

If you create a goal to save enough money for a dream vacation in June two years from today then you can regularly check your progress and adjust as needed. If you didn't set a timeframe and waited until you were ready to go then you may be surprised by not having the money and have to delay your dream. That would be a shame.



## **CHAPTER 3**

### **BIGGEST BENEFITS OF GOAL SETTING**

I have been a student of success for as long as I can remember. For decades I have asked the question, "What makes one person succeed and another person struggle?" Even in my childhood I was a virtual sponge. I noticed the words, behaviors, and patterns of the people around me and the results they manifested.

I have committed to a lifelong study of success, to learn what works and what doesn't work so that I might duplicate positive thoughts and habits in my own life and share those lessons and observations with others. It pays to study success.

It also pays to study failure (your own and other's) to avoid unnecessary mistakes and the pain they bring. Mistakes and missteps are inevitable, and failure often provide as much benefit as success as long as you are paying attention.

Most high achievers I have studied took 100% responsibility for their life and made a concerted effort to learn the art of goal setting. Most goal achievers invest their own time, energy and financial resources. Many have joined clubs, communities, organizations and hired a coach or mentor to further instill the mastery of this crucial life skill.

There are literally hundreds of ways goal setting benefits your life. I have identified the top ten to serve as a reminder the many ways you can gain more control over your life and why it is crucial that you do whatever it takes to learn and master the art of goal setting.

#### **The 10 Biggest Benefits of Goal Setting**

1. Greater Peace of Mind. There is nothing in the world like going to bed at night knowing you are investing the days of your life in the areas of your chosen endeavor.

Nothing brings you greater peace of mind than having the certainty that you are consciously creating your destiny, living a life of your own design. Goal getters realize that you create your life goal by goal. If you want a better life, set better goals.

2. Clarity of Purpose. Having carefully chosen goals gives your life greater meaning. Show me a person who doesn't know their passion or purpose in life and I will show you a person who either has no goals or pursues goals with no personal challenge or meaning.

People who actively and systematically pursue meaningful goals feel a greater sense of purpose and fulfillment in life. What you are doing right now is either taking you way from or towards your dreams. Goals help us navigate throughout our journey. Our goals are a reflection of who we are.

3. Greater Productivity and Focus. People with goals direct their day, instead of their day directing them. People with goals know their desired outcome and are less likely to waste time on unimportant matters.

When you know your outcome, you avoid distraction. You understand the people and pursuits that feed your desires and those that do not. You know where to invest your time and energy. You also learn where not to spend your time.

4. Greater Personal Growth. Each time you pursue a new goal outside your comfort zone, you contribute to your own personal growth and advancement. Pursuing goals causes you to stretch and learn about yourself and the world around you.

What was once difficult often becomes easier and you long to conquer new heights. Nothing in the world will give you a zest for life like consistent growth.

5. Higher Quality of Life. Quite simply, people who have goals get more out of life. The more life you give to your goals, the more your goals give life to you. Having goals means you value your time and make the most of it.

When you know what you want and have a plan to get there, the journey is a lot more fun than having no goals and no plans. Having goals makes life easier.

People who set goals are happier and more fulfilled. When you are happy and fulfilled you take loving care of yourself and have more of yourself to give to the people you love. Happy, fulfilled people attract other happy and fulfilled people.

6. You Attract a Higher Quality Peer Group. People who have goals and are moving towards them are energized and full of life. When you have goals for your life, you attract other people who have goals of their own. And we are well aware of the power of association. You become like the people you hang around.

7. Increased Confidence and Self Esteem. Each time you make a commitment to a goal and invest the very best of yourself towards its attainment, you gain more confidence and self-esteem, regardless of whether or not you achieve the goal.

Your subconscious mind knows that you gave your all and that strengthens your confidence muscle. Progressive action always leads to growth and greater fulfillment.

People that do not set goals never venture outside of their comfort zone. Deep down they know they are not realizing their potential and feel bad about themselves. People with goals are fully alive and dare to take risks that elevate their place in life. Whether they win or lose, they learn and grow.

8. Contribution to Others. Whether or not you know it, someone looks up to you. If you have children of your own, they are like little sponges, absorbing the words you speak and the actions you take. Your behaviors serve as model to the people around you.

Maybe it's your sibling, a coworker or even a kid down the street, someone looks up to you. Every time you set a goal and act on it, you serve as a shining example of a person who is moving towards realizing your full potential in life. Whenever you pursue a goal, you inspire others to do the same.

9. Goals Help You Become a Better Person. Don't set goals for what you can get. Set goals for what they will make of you. Set goals for who you become along the way. People who set goals and follow through, develop the skill of overcoming obstacles.

People who follow through on their goals and commitments develop an inner strength and unshakable character. People who do not set goals never discover how great they

can become. They never awaken their dormant gifts and talents. Whenever you set and commit to a goal and follow through on your commitment, you strengthen your character and personal integrity.

And finally what is perhaps the biggest benefit of setting and pursuing goals...

10. For the benefit each individual goal will bring to your life. As you begin to master the art of goal setting, every goal you set brings its own unique positive result or benefit to your life.

When I work with private coaching clients, before they set a goal, I ask them to determine 10 deeply compelling, personal reasons why they must achieve the goal they are considering setting.

When you do this, you give yourself all the clarity and motivation you need to fuel you beyond obstacles, all the way through to the goal's completion. If you cannot identify the benefits in advance, you probably would not bother setting the goal the first place. You can visualize your outcome by reveling in the results before they occur.



## **CHAPTER 4**

### **HOW TO SET GOALS YOU CAN ACHIEVE**

If you want to set goals you can achieve, do not focus on them. It seems that these words go against everything that is ever said about goals. A lot of people are talking about the power of setting goals but not many about how to achieve them. Yet, it is a fundamental key to an all lifelong success plan.

So how can you set goals?

How can you achieve them?

What can you do today, tomorrow or this week that will get you closer to your goals?

And what is the power of goal setting?

The challenge, of course, is that we hear about setting goals so often that we tend to take it just a little bit for granted. When you get yourself to a point where you have heard it so many times, you act like you know all about it. But you need to be careful not to get caught in that trap called the law of familiarity. It is the place where you get so used to it.

The prevailing thought is to think about what you want to do. Then, you set goals, write them down, stay focused on them and go forward. You check your list over and over again, come back to it, adjust it, and that is how you achieve your goals. But I believe it is not the way goals should be attained.

Some people even do it once a year, when they make a New Year resolution. They set goals, and they do forget it until a year later. These people usually have no power. They take the power of goals too lightly which brings us to some basics.

You have to realize you have to practice the fundamentals daily. Think about the great coaches in sports history for example. They often teach the basics to people that are already the best at what they do. These top trainers make them go through the fundamentals over and over again, hundreds of time, day after day until they can do it at a crucial moment.



When you set goals, you have to go back and go through the basics every day. So that when you do it again, you understand how to do it even more efficiently.

If you want to reach your set goals, you have to master your skills. The reason being is that along with your journey, you make new distinctions, set new goals or even change them. So do not think for a second that you already know how to achieve them.

The bottom line often is that most people do not have a clearly defined set of objectives anyway. You need to go from the frame of mastering simple things over and over to achieve set goals.

So, you have to break through the bonds of the past and look in a whole new way where you understand that you have to do whatever it takes and not be bored by basics.

### Setting Goals is Powerful

Why do we need to set goals and use them? Are they important? The answer is that when you set objectives for yourself, you create the future in advance. You form your destiny and shape your life. Whether we know it or not, we all have goals.

As a result, know that your goals are affecting you. The problem is that some people have lousy goals. Those get you through the day, the week, the month or help you pay the bills but are not the kind of objectives that inspire you or make you jump out of bed in the morning. These goals do not create the drive you need to achieve something greater.

You must realize that very few people have a particular plan or even written goals. So, when you set goals, I mean real aims, you can create the power to grow, develop and expand your success. You must have something out there that is compelling enough to draw you forth and transform your life.

### Reflection Time to Set Goals

Next, you have to know why you set goals, why you are doing it, and what you are moving towards. The reason being is that if you do not, you won't get the most out of

yourself. You have to take time to reflect so that you can set goals. It does not matter if you reflect for days; what is important is that you do it.

Then, take two or three days to design plans and how you can achieve them. You have to set goals that are well beyond your current ability or skill. It does not matter if you have yet no idea on how to make them happen. You simply have to operate from a principle that is talked about all over the world, regardless of what you believe.

It is a common law which is the power of absolute belief and faith. If you can get inspired enough and find a goal that is exciting enough, you can figure out a way to make it happen. Even if right now it seems impossible, you can pull it off.

You have to set goals for yourself in every area of your life. Set them personally, emotionally, socially, physically and financially. Create an ultimate aim and what you want right now. You need objectives on who you want to be, how much happiness or passion you desire, and how you want to live every single day.

No matter the pages it could take, you should describe everything in detail, even the person of your dreams. And yes, you might create a lot of limitations or absurd goals, but if after reviewing those, your goals still make sense to you, you should believe in their realization. You have to design your own road map necessary for success.

Now you have to implement them. Of course, some of your goals will not work out, but you can achieve most of your set goals. A massive change will occur as you follow through. Your level of confidence will boost, and your faith, as well as your abilities, will change radically.

#### Behaviors vs. Focus for Set Goals

You need to realize that when you set goals for yourself, they are outside of your control, so if you spend too much time focusing on your goals, you never achieve them. By contrast, if you focus on your behaviors rather than your goals, then you can achieve your objectives.

You alone can see to your behaviors. They are what you can control. So, you have to ignore the part of your goals that you cannot influence and focus on the part that is in

your control which is behaviors. Once you focus on your actions, day after day, you begin to learn all the information you need to reach your set goals.

When you visualize your goal as already achieved, it puts you in a position where you can focus on a plan to make it. Behaviors are short term based when we set goals; it is usually seven days. So you have to think about what you can do today, tomorrow and this week, write them down and go for it.

### The Define Precision of Goals

You should act with intelligence because what is real today is based on your past, on your previous experiences. So if you limit your future based on your past, you won't go anywhere. You need to set goals that are big enough to drive you. So do not stop and go "How do I do it?"

It is not the first step. The initial phase is getting it all written down, and if you do that, you can create and shape your own paradise, whatever you choose to create. It starts with a simple process of taking these generalized dream impulses and then to define them with more precision.

That is the power of goal setting. There is something beyond just what you understand of writing something down. Something happens. You become a creator when you set goals and put them down on paper. You get a clear vision while you can make them happen.

Therefore, you need to ensure that you not only set goals, but you get entirely clear why you want them. it is a fact that there is a fundamental core in goal-setting that can change your life and the answer is that purpose is stronger than the outcome.

### The Motivation behind Set Goals

The meaning of it is that the purpose of goals is not so you get things but rather of what they will make of you as a person. I am in the phase of realizing that right now. Most people set goals blindly. They desire and focus on material things. And there is nothing wrong with that; I want you to have as many things as you want because that is part of life too.

It is part of the manifestation process of creating results when you set goals. But if all you do is to focus on getting things, it may cost you your integrity of who you want to be, of what you want to create in your life. So you got to be careful.

Making money motivates only so much, but becoming a person who can manifest abundance financially and physically for themselves and the people around them is rather more fulfilling. Having the freedom that money can give or have the ability to give or help others by paying it forward usually motivates more than just anything else.



## **CHAPTER 5**

### **GOAL SETTING OBSTACLES AND HOW TO MANEUVER AROUND THEM**

Perhaps if you know some of the most common goal setting obstacles you can work toward overcoming them.

#### **You Don't Want What You Think You Want**

Some goals are set because other people want them for you. If you don't really want what you say you want, it will be very difficult to set a goal for that thing.

Be sure that you've set the goals for the right reasons and that it's something you really want. Write down the pros and cons of any goal and know why you want to achieve that result before setting it in stone.

#### **You Don't Truly Understand the Importance of Goal Setting**

Many people think goal setting is just hocus pocus and doesn't really work. If you don't really understand the power behind appropriate goal setting, it can be hard to take the time out of your day to truly set a goal.

To understand the importance of goal setting, read several books about success and you'll find that the most successful people set realistic goals, and then worked that goal into their schedule every single day.

Even people who experience "overnight success" didn't really achieve everything overnight. It was many nights of following a plan that brought results.

#### **You're Not Really Sure How to Set a Reasonable Goal**

If you've actually tried to set a goal before but didn't experience results, it's probably because you just don't know how to set a goal. It's not as easy as just writing down a dream. Goals aren't dreams.

They are realistic, specific, achievable end results that you want to see. Take the time to learn the best goal setting techniques in order to experience goal setting success.

### You're Scared of Failure

Many people do not bother setting goals because they have a self-limiting belief that they'll fail anyway. Therefore, if they do not set a goal, they won't have to be a failure.

But remember that the idea of planning to succeed over planning to fail is realistic. No goal setting is a recipe for failure; goal setting is a recipe for success. When you accept that you can only achieve real success through goal setting, you'll overcome this obstacle.

### You're Afraid of Judgment

Sometimes people are scared to set a goal for something because they see it as outrageous. For instance, let's say that you want to go back to college to get a Master's degree, or you want to start your own business.

You fear that if you set that goal, and other people know about the goal they'll judge you harshly for wanting it or for some other imagined issue. If you are worried about what others think of you, it's time to dig deep inside yourself and get over it.

The truth is, what you think of yourself is more important than anything else. When you stop judging yourself, you'll stop worrying about the judgment of others.

### You're Afraid of Success

Believe it or not, some people are literally afraid of success. They feel too much pressure surrounding success to actually make goals to be successful. They are more comfortable in their role as someone who is not successful or who is "normal" instead of as someone who sets a goal, works toward achieving it, and is seen as a success.

The truth is, there will always be people who want to tear you down once you achieve some success, but the saddest thing in life is regretting not doing something. Most people regret the things they did not do, more than the things they did do - right or wrong.

## You Secretly Don't Think You're Worth It

This is where the way you see yourself is important because if you see yourself as someone who doesn't follow through, who doesn't succeed and who can't change their life, you'll avoid goal setting like the plague.

You're the only person on Earth who can control your actions, so you're the only one who can set the goals for you, and the only one who can make yourself feel worthwhile.

## You Don't Really Believe It's Possible

People avoid goal setting because they simply do not see the vision of what can be. They don't believe. They don't picture themselves fully at the point of success, experiencing success. Since they think it can't happen, they don't try.

But, the truth is, you can't know for sure about anything unless you follow the steps necessary to reach a goal. You can dream big, and reach for the stars. Trying is more important in most circles than actually making it. And, chances are that if you really try, you will make it after all.

Goal setting is an imperative if you want to truly see all your dreams and visions come to fruition. It doesn't matter if it's business oriented or personal setting a realistic and achievable goal, and then working toward realizing that goal on a daily basis does work. You just have to do the work.



## **CHAPTER 6**

### **THE BASICS OF SMART GOAL SETTING**

SMART goal setting - I know, you've heard it all before. Well, just read on to find out why you must know the basics of goal setting in order to achieve your end result.

Setting goals takes work, it takes more than just writing something vague down on paper and thinking "OK, that's what I want". It actually involves preparation, desire and longing, determination, motivation and action.

This is where SMART goal setting comes into play. With SMART goal setting you'll be focusing your mind on 5 aspects of your goals, without which you will not get far.

When setting goals you want to be able to give yourself an easy goal setting plan to work with, and if you follow the steps I set out below, you'll be giving yourself a head start on all those other people who can't understand why goal setting fails.

1. **SPECIFIC**. This is very important, because the subconscious mind works very hard for you without your always realizing it. What I mean by that is if you so desire something, but at this stage you aren't specific enough, then it is well known that you won't have the end result you wanted, because your subconscious has only worked on the information you have given it.

A quick example of not being specific enough: Let's take a car. You want a Porsche 928S manual, blue, alloy wheels. If you have set yourself a goal of getting just a Porsche 928 then you're guaranteed to get a "Porsche 928" but not an S version, maybe not blue, maybe not alloy wheels, and so on. **BE SPECIFIC**.

2. **MEASURABLE**. In terms of SMART goal setting, this means that you look at whether you are able to measure your goals as you go along. Can you put timescales on the goals so you'll be able to work towards it, yearly, monthly, daily? If you are unable to measure the timescales of your goals, **CHANGE YOUR GOAL**. Adjusting goals during your goal setting program is more than acceptable.



3. **ATTAINABLE.** Are you able to reach your goal, or is it just pie in the sky? For example, saying you want to earn \$1m in 6 months is most likely not an attainable goal.

Unobtainable goals lead to lack of motivation and focus, and before you know it, you've given up on your dreams which is really quite sad. Bite size goals are better than one out-of-reach goal.

4. **REALISTIC.** Can you set realistic timescales to achieve your goal, or is it completely unrealistic? Are you going to be able to put in the time required in order to reach your goal in the set time you have given yourself? Think very carefully - as again, if you have made your goals unrealistic, your desire and motivation completely disappear.

5. **TIMESCALE.** Vital. You need a timescale on your goals in order to have something to aim at. Without a timescale you'll have no discipline to do the things needed to achieve your goals.

Using these principles of SMART goal setting makes the whole goal setting process so much easier for yourself, and it keeps reminding you that without proper goals and timescales, the end result won't materialize.



## **CHAPTER 7**

### **THE POSITIVE PSYCHOLOGY OF GOAL SETTING**

Having goals can help you live the life you want. It can give you a focus and some direction. This chapter outlines why setting goals can be beneficial for your wellbeing. It also discusses how your character strengths can be used to assist you in setting and achieving goals.

The benefits of goal setting

Hope and optimism

Goals give you a focus and something to look forward to. Your life has a purpose, increasing your feelings of hope and optimism. Whether your goals are long term or short term, you are giving yourself a reason to get up in the morning.

The link between hope and goal setting goes both ways. Thinking about and planning your goals can increase a feeling of hope and optimism. This optimism can then boost your ability to achieve your goals.

It will also assist you in planning more goals in the future. A person with hope is able to define their goals, know how they are going to get there and are motivated to achieve them. Furthermore, hope will help a person work through any complications and so not give up when things get difficult.

Taking control

If you set and achieve daily goals, this will add up to some major goal accomplishments at the end of the year. And it's all your own work. Happy people take control of their lives, rather than just drifting or let others make the decisions. Recognize the feeling of control and empowerment as you establish and then accomplish your goals.

Imagine you have a deadline at work (something you cannot control). However, how would it be if you made the decision to meet that deadline ahead of time? Or if you are

the sort of person that tends to go over deadlines, making excuses all the way, turn this around and work hard to meet that deadline.

Recognize how much you can do. Even a shift in attitude can give a feeling of mastery. Being able to overcome hurdles and developing a more constructive attitude to the things you cannot control is a great confidence booster.

### Flow experience

By setting yourself regular, meaningful goals you position yourself to encounter more flow experiences. A flow experience is one where your whole consciousness is absorbed with a particular activity.

Thoughts of time and other needs (such as hunger) are forgotten. Positive psychologists generally agree that the more flow experiences a person has, the happier they are. Goals give us something we can actively get involved with, which is an essential ingredient to a flow experience.

To achieve this state it is important to have a clear purpose. So clearly defining your goals is a good start. Also, you will want to choose a goal that is challenging for you, but is not out of your depth. If it is not challenging enough, you will almost certainly become bored.

It is worth reviewing your goals on a regular basis to help keep you motivated. Furthermore, try to obtain regular feedback so you are aware of how you are doing. Support from others can be a good idea, else make sure you track your progress in some way.

Goals and the flow experience have a good relationship. By setting goals we enhance our chances of experiencing flow. By experiencing flow, we are more likely to achieve our goals.

## General wellbeing

Having goals in our life is good for our wellbeing. It provides us with an opportunity to go on a journey which we can learn from and enjoy. It helps a person appreciate their capabilities, gives life a purpose and increases optimism.

As such, it can reduce stress and help reduce the chances of developing depression. Carrying out goal-related tasks gives a person focus and increases happiness.

## Goal setting and your strengths

When setting and working on your goals, consider how you might use your personal strengths to help you achieve your objectives. It is worth knowing what your top strengths are as these are the ones that are most effortless to use and so drawing on them should be a great motivator.

Consider how the following strengths may assist you when setting up your goals:

Curiosity, creativity and love of learning may assist you in your brainstorming. This may be useful when you are considering which goals to set, how you are going to achieve them and ways to overcome potential difficulties.

Bravery can help you reach for those huge goals you've never quite got off the ground. This strength will enable you to act, in spite of your misgivings. If persistence is your strength, then you are sure to achieve the goals you set yourself.

Having humor as your strength will enable you to laugh if things go wrong, as you see the lighter side of life. Prudence can help you set the right goals as you are able to consider whether the goal you think you want now is one you will want in the future.

Being authentic means you will remain true to yourself when setting your goals. It ensures you are doing them for yourself and not other people.

Another way you can make use of personal strengths when setting goals, is to actually set a goal dedicated to developing a particular strength. For instance, you might want to work on being kinder, so decide to volunteer at an organization that helps other people.

Alternatively, you could use goal setting as an opportunity to nurture a particular strength, although the strength is not a goal in itself. For instance your goal is to write a novel.

However, along the way you decide to exercise your gratitude strength and so make a conscious effort to acknowledge those people who assisted you in working towards your goal.

Whatever goals you set yourself, enjoy the process and think how they are benefiting you along the way.



## **CHAPTER 8**

### **THE 20 KEY PRINCIPLES OF GOAL SETTING**

"A goal properly set is halfway reached." - Abraham Lincoln

Do you want to start seeing changes in your life? I'm here to tell you that you can and that you will if you follow these simple principles. All I ask is that you dare to dream. Ask yourself, "If I knew I could not fail, what would I do?"

Dream as you did when you were a child; when you had a world of opportunity and possibilities. Dream as though you have no limits, because honestly you don't.

These 20 simple, but key principles will jump-start your life again; give you new energy, excitement, passion and leap you forward from where you are now to where it is that you want to go, faster than you ever dared to dream.

#### **1 - Burning Desire**

"Success is focusing the full power of all you are on what you have a burning desire to achieve." - Wilfred Peterson

The first principle of goal setting is to have a burning desire. This is not something that you can train yourself to have, you either have it or you don't. You may be able to stay focused on your task or goal for a short time, but without a burning desire you will inevitably lose steam.

#### **2 - Have One Major Goal**

(In each area of your life - spiritual, financial, health, etc.)

"There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it." - Napoleon Hill

About 95% of all Americans do not have goals. Out of the remaining 5% of Americans that do have goals, most set too many goals. Why is this a problem? Because without one major definite purpose or goal you have no clarity; you are no closer to

accomplishing any of your goals than the 95% of Americans that don't set goals at all. Your goals must be clear and specific.

### 3 - Set Goals that are Achievable Yet Stretch You

"You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential." - Steve Garvey

So many times we do one of two things while setting goals: we either set our goals too high or too low; rarely do we set them just right. This element of goal setting can be extremely difficult, especially without much experience using this process.

By setting our goals too low we never reach our full potential to what we can accomplish and never live a self-fulfilling life. By setting our goals too high we risk becoming discouraged because the goal is so far out of reach.

### 4 - Set Goals that are Measurable

"Determine a single measure that you can use to grade your progress and success in each area of your life. Refer to it daily." - Brian Tracy

Goals are to be measurable solely for the benefit of being able to track your progress. It is no different than tracking your progress while driving your car to work. When you drive your car to work you know how far you've gone and how far you need to go.

It is simply not enough to say, "I want to be physically fit." How will you know if you are physically fit? Try instead being more specific, an example of this might be, "I run a 7 minute mile". It's clear, precise, and measurable.

### 5 - Write Down Your Goals

"Write it down. Written goals have a way of transforming wishes into wants, cant's into cans, dreams into plans, and plans into reality. Don't just think it - ink it." -

Be sure that when you write down your goal it is clear, positive, and in present tense. An example of this is, "I earn \$100,000 per year". By simply writing down your goal you are making it become alive; you are making your goal a reality.

#### 6 - Set an Achievement Date

"Goals are dreams with deadlines" - Diana Scharf Hunt

Parkinson's Law says, "Work expands so as to fill the time available for its completion." The more time we give ourselves to accomplish a task or goal, the more time it takes us to accomplish it. Therefore, we must learn to use Parkinson's Law to our advantage by setting shorter time frames in which to complete the goal or task.

#### 7 - Identify All Possible Roadblocks and Setbacks

"When you confront a problem you begin to solve it." - Rudy Giuliani

Identifying roadblocks should not discourage you but help you avoid any unexpected setbacks that may occur; enabling you to create the most effective plans possible. By recognizing obstacles your mind should then begin to think of solutions to solve these possible situations.

#### 8 - Create Your Key Indicators

"First you write down your goal; your second job is to break down your goal into a series of steps, beginning with steps which are absurdly easy." - Fitzhugh Dodson

An example of a key indicator is the number of cold calls that you will make. After deciding the key indicator you set a goal for that specific key indicator.

This step is to help you identify the most important tasks that need to be done on a daily basis that bring you closer to accomplishing your goal. By doing what needs to be done first and seeing that task to the end, you will actually spend 80% less time on that task than if you tried doing the same task in smaller increments.



## 9 - Make Plans

"Planning is bringing the future into the present so that you can do something about it now." - Alan Lakein

Trying to accomplish a goal with no plan is like trying to build a skyscraper without first taking the time to map out the blueprints. Without blueprints the construction process will be slow, frustrating, and extremely expensive.

The same also applies to your goal; if you don't take the time to make plans, then accomplishing your goal will be slow, frustrating, and expensive. The cost may not always be in monetary value, but in time wasted, broken relationships, etc. Make plans so that you can begin to create the future you want now.

## 10 - Be organized

"In this world no one rules by love; if you are but amiable, you are no hero; to be powerful, you must be strong, and to have dominion you must have a genius for organizing." - John Henry Newman

If you are to have dominion over your own life you must be organized; and to truly be organized you must be organized in each and every single way of your life. If your physical surroundings are cluttered then so will be your mind.

So be sure when you sit down to do planning or accomplish a task that your workspace is spotless. If there's papers that you can't do anything about then put them on the floor temporarily and get to work.

## 11 - Use Leverage

"Give me a lever long enough and a fulcrum on which to place it, and I shall move the world." - Archimedes

Leverage is the ability to exert minimal effort for maximal achievement. An example of this is "OPK" or in other words, other people's knowledge. One of the greatest ways to use leverage is to seek a mentor. By doing this you save yourself time and money by eliminating the trial and error stage and instead begin seeing results.

By creating a mastermind group you leverage several other's knowledge along with their resources and networks helping you reach even more people that could potentially help you reach your goal.

## 12 - Motivate Yourself to be Disciplined

"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek." - Mario Andretti

Think of reasons to accomplish your goal rather than excuses not to do them. As you do the tasks that you hate but bring you closer to your goal you will feel more satisfaction, accomplishment, and peace in your life.

It will be difficult at times to keep pushing forward, especially if you do not see results immediately; keep going anyway. A great way to do this is to remind yourself of why you want to accomplish your goal and to always keep the end in mind.

## 13 - Accountability

"When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates." - Thomas S. Monson

This is why participating in a mastermind group can be so beneficial; it gives us someone to report to who will not only encourage our progress, but hold us accountable for what remains to be done on achieving our goals and related indicators. Remember, the more accountability, the greater the results.

## 14 - Autosuggestion

"Your ability to use the principle of autosuggestion will depend, very largely, upon your capacity to concentrate upon a given desire until that desire becomes a burning obsession." - Napoleon Hill

Autosuggestion is a process by which an individual trains the subconscious mind to believe something, or systematically schematizes the person's own mental associations, usually for a given purpose.

One way of utilizing autosuggestion is by simply writing down a few statements such as, "I earn \$100,000 per year" on an index card, and carry that card at all times.

Whenever the moment arises, first thing in the morning, before retiring to bed, on break at work, etc-- begin reciting what you have written on the card with conviction and an inner belief that what you are saying (have written on the card) about yourself is true.

Keep the statements positive and in the present tense because the subconscious mind sees in pictures. For instance, if you were to say, "I am debt free," the subconscious would only see "debt" and therefore would focus on obtaining more "debt." A positive, present tense autosuggestion for this idea could be, "I am financially independent" or "Money flows to me easily."

#### 15 - Take Action

Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along. - Napoleon Hill

Often times we say that we will accomplish our lifetime goals after we accomplish some other less important goals. Remember, there is never a better time than right now to do something, no matter what it is.

America did not gain its freedom by waiting for the "right time", and neither will you. Why not begin today on making a better life for yourself and loved ones?

#### 16 - Failure is Not an Option

"In achieving your goals, you may run into roadblocks. Don't let that stop you, go around, over, or under. If you are committed to your goal you will find a way." - Catherine Pulsifier

By deciding from the very beginning that failure is not an option you set yourself up for success. Use your desire and drive to accomplish your goal; imagine how wonderful your life will be with the completion of your goal. Or perhaps contemplate the opposite: how

unfulfilled and stressful your life is without it. Regardless of the method of motivation, you must never quit trying to reach your goal.

#### 17 - Stay Positive

"Life's ups and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones to build the life you want." - Martha Sinetar

Despite all the previous steps that you've followed to prevent any roadblocks from showing up on your path to success you will still inevitably run into them. But I have one piece of advice for you: don't get discouraged.

Recognize that every set back and obstacle is an opportunity for improvement and learning. Recognize the benefits of being where you are right now: whether it's learning how to budget or live a healthy lifestyle; there is a positive to every situation.

#### 18 - Reward Yourself

"Reward yourself. Not just the end goal do we celebrate. But each and every little milestone you complete along the way are successes within themselves." - Author Unknown

It is important to reward yourself a minimum of once a week for a job well done. Not only do you get to see the fruits of your labor by doing this, but by taking the time to relax you become more effective and excited about life.

Your rewards do not have to be anything tangible; it can be taking time off work, taking a walk around the park, or enjoying a luxurious bubble bath. The possibilities are endless and deciding on how to reward yourself is half the fun.

#### 19 - Evaluate

"Even if we fail, we can evaluate what we have tried, see what we have done wrong, modify our method of attack - and try again." - John Cusworth

Whether you achieved your goal or not is unimportant, but what is important is to take time to reflect back on all the things that you did to get as far as you did. Ask yourself, "What did I do right?" and "What could I have done better?"

By honestly answering these questions you will already be much further ahead on your next major goal than you were on your previous one, and you will begin to find that each major goal you set will become easier and easier to obtain until it becomes almost effortless.

## 20 - Make Changes

"The definition of insanity is doing the same thing over and over again and expecting different results." - Albert Einstein

After you've honestly evaluated yourself it's time to make changes. Sometimes they're small and easy adjustments, other times it can be painfully difficult. But if you desire to keep progressing and live a more fulfilling life, then changes must be made constantly.

"I am not what happens to me. I choose who I become." - Carl Jung



## **CHAPTER 9**

### **GETTING A HEAD START IN GOAL SETTING**

When an athlete runs a triathlon, his goal is to beat his opponents and win. When a person engages in an intense workout, there is a weight goal that he or she would like to meet. When you apply for a job, your goal is to pass the interview and get accepted.

As you may notice, it is important to set a goal for yourself so that you can meet a particular objective. Without goals, your actions will all be for nothing. This is the reason why goal setting is important.

When dealing with your career, your finances or even your personal life, setting goals for yourself will allow you to create an action plan so that you can work towards, and eventually meet those goals.

#### **The Numerous Advantages of Goal Setting**

As a whole, goal setting will allow you to turn your future plans into a reality. Here are the numerous advantages that you can get to enjoy with the help of goal setting:

Setting long-term goals for yourself will give you that drive to work harder in meeting your career or your personal objectives.

Setting short-term goals can be a great motivator, especially if you monitor your progress and celebrate your successes in each small accomplishment that you have.

Goal setting will allow you to determine the possible distractions that you may deal with in the process of meeting your long-term goals. Once these distractions are identified, you can exert an extra effort so that you will not be lured away from your goals.

Goal setting is the key to effective time management.

Goal setting will boost your self-esteem since it improves the quality of your life by letting you know exactly where you are headed in the future.

## Getting a Head Start in Goal Setting

Now that you know all about the importance of goal setting, how can you begin setting such goals for yourself? Here are some useful goal setting tips that you can follow:

Start by creating a list of your short-term goals while still keeping your lifetime goals in mind.

As you slowly progress and each of your short-term goals are being met, you can move on to a broader picture: by setting your long-term goals.

Your long-term goals should span your personal, professional, financial, physical, educational, and even your public service goals. Answer these questions: - How would you like to see yourself a few years from now?

How would you like to make a difference in the lives of others? - What long-term financial goals would you like to meet? - What are your travel plans in the near future?

Remember that whether you are setting long-term or short-term goals for yourself, they should still be realistic. Knowing what you want out of life is the best way to set realistic goals for yourself.

To sum it all up, goal setting is all a matter of deciding what is important for you to achieve in this lifetime. Removing distractions, motivating yourself and boosting your confidence are the steps that you need to follow in order to meet the goals that you have set for yourself.

Committing yourself to achieving your goals is what will make your journey in life more fun, enriching and meaningful.

## **CHAPTER 10**

### **THE BENEFITS OF COMMITTING GOALS TO PAPER**

Having a goal is not enough. You need a plan, and goal setting worksheets will help you organize your goals and walk you through the steps necessary for success.

We have all been taught the importance of goal setting and, in truth, our everyday lives consist of a series of little goals that we are constantly setting and achieving, even though we are often not conscious of this process.

Arriving at work on time, preparing for a business meeting, or even completing household chores are all examples of goal achievement.

These same principles can be applied on a larger scale to help you work toward your longer term or lifetime dreams. Wanting something, or even spending a lot of time thinking about it, will not provide enough focus to motivate you to move forward with your goal.

You need to write your thoughts down and create a blueprint or road map that is very specific and provides clear direction so you know exactly what you are working toward and what steps you need to take to get where you want to go.

When a company applies for a loan, the first thing they are asked to provide is a business plan. Why? Because every good investor knows that a successful business begins with clear, concise goals and a strong plan of action.

This is true in every area of life. People fail because they neglect to set goals, but those who follow through with their plans usually achieve success.

Goal setting worksheets are effective tools that will walk you through every aspect of the goal setting process and help you prepare a plan that will increase your likelihood of seeing your dreams become a reality.

1. Goal setting worksheets will help you see the big picture. They are great tools for visualizing the future and seeing yourself, or who you can become, a few years down the



road. They can help direct your thoughts and life patterns so you will make decisions in light of your ultimate goal.

2. Goal setting worksheets will help you define your goals as well as identify the reasons 'why' these particular goals are important. For a goal to motivate you, it must be meaningful.

The forms walk you through specific steps that will require you to think about your vision, your priorities, and your sense of purpose. You will get to know yourself on a deeper level, and in doing so, you will bring greater clarity and focus to your goals.

3. Goal setting worksheets will help you break your goals into smaller steps that are more attainable. Seeing the big picture is important because you must know your final destination before you begin your journey. However, getting from where you are to where you want to be can sometimes feel very overwhelming.

These forms allow you to set both short-term and long-term goals that will help you accomplish your dreams one step at a time. You can break long-term goals into yearly, monthly, weekly, and even daily goals - after all, we can do anything if we approach it one day at a time, right?

The worksheets will ask you to list the steps necessary to achieve your plan and to prioritize your actions for success.

4. Goal setting worksheets will help you design a plan of action and identify the requirements necessary to pursue your goals. Achieving a goal, particularly a larger or longer term one, takes detailed planning.

By outlining the steps you can take to accomplish your dreams you will know exactly what to do and be able to approach your goals from a very practical perspective.

These forms will also help you identify any obstacles you may encounter so you are prepared to deal with them and will not be surprised by unexpected problems.

This is especially important if you have shared goals that you are working toward with someone else such as a spouse, business partner, or team. Goal setting worksheets will

outline each person's responsibilities and make sure everyone is on the same page when it comes to both the ultimate goal as well as the plan of action.

5. Goal setting worksheets provide accountability and allow you to monitor your success. Life has a lot of distractions and sometimes it is easy to lose sight of what you are working toward, so it is very beneficial to have a way to keep track of your progress.

Check your worksheets regularly and mark off any objectives you have successfully reached. Recognizing your accomplishments will boost your self-confidence and motivate you to continue even when faced with setbacks or discouragements.

Continual monitoring will also help you identify where you went wrong so you can make revisions or adjustments along the way. Remember, your plan is not carved in stone. It provides direction and a framework for you to work within, but there may be times when circumstances require you to be flexible or make changes that will improve your plan of action.

6. Goal setting worksheets increase your chance of success and help you achieve your goals faster. Having a clear plan will keep you focused and motivated, especially if your short-term goals are realistic and measurable and allow you to celebrate successes on a regular basis.

Many people fail to achieve a goal because they do not know what to do to make their dreams a reality. These forms provide clarity and focus so you know exactly what is expected on a daily, weekly, or monthly basis. Having a clear understanding of which steps you should take will help keep you committed and see the plan through to the end.

7. Goal setting worksheets provide time frames and deadlines. Breaking larger goals into smaller sections, determining which steps have to be taken, and setting a completion date is a great formula for success.

The best way to turn procrastination into motivation is to assign a deadline. You may even benefit from being accountable to someone who will check to make sure you have met your time frame guidelines.

Committing your goals to paper will provide direction, keep you motivated and focused, and increase your self-confidence as you monitor your success along the way. By mixing big dreams with a practical approach you can bring clarity and focus to your goals that will keep you motivated and increase your chance of staying committed no matter what obstacles you may face.



“Though much is taken, much abides; and though We are not now that strength which in old days Moved earth and heaven, that which we are, we are, One equal temper of heroic hearts, Made weak by time and fate, but strong in will To strive, to seek, to find, and not to yield.”

- Ulysses, Alfred Lord Tennyson

## CONCLUSION

Goal setting is undoubtedly the most powerful tool that you can ever use to help you achieve your dreams. In fact, goal setting is what used by most successful people to achieve amazing results in their life. Therefore, if you want to achieve the same amazing results, you must follow the footsteps of those successful people, by setting goals.

Although that goal setting is a powerful tool, but most people who set their goals fail to achieve them because they are not taking action to make their goals come true. And the number one reason most people fail to action is because their goals are not exciting enough. Their goals did not propel them into taking action.

If you are going to achieve your goals, the goals that you set must be exciting and empowering. Thus, set stretch goals instead of incremental goals. Let me give you an example, if you are earning \$1,000 per month currently, and you set your goal to earn an extra \$100, do you think this goal will make you excited?

Hardly, this is an incremental goal not a stretch goal. You know that by working harder and putting more effort, you definitely can achieve this goal. What you want here is to set stretch goal, not incremental goal. Instead of earning an extra \$100, you can set your goal to earn extra \$1,000. By setting this goal, you will feel more excited because the reward is better.

Think about it, are you willing to get up early in the morning to work harder just to get an extra \$100? Or are you willing to do this for \$1,000? Which one will motivate you more? As you can see now, setting stretch goal will definitely motivate you more. One more thing about stretch goal is that it will force you to think out of the box.

This is because by working harder and putting more effort is simply not enough to achieve your stretch goal. You need to think out of the box and use special strategies to achieve them.

Well, this is the number one secret in goal setting activities. If you are going to set your goals, set stretch goals, don't set incremental goals. By doing so, you will have more motivation to take the action and achieving your goals will be easy.

So when you set goals, do not take them for granted. Focus on what you can control and let the universe take care of the rest. Do act on your intentions seriously and consistently to achieve them. I know you can go well beyond what you can dream of, I believe in you.

You now have been given the tools and knowledge necessary to do anything. This life is yours and yours only to do what you will with it, no one can decide for you; you are the master of your own destiny.

Decide now to be successful and go be successful. Best of luck!

I have given my very best to put up this incredible material which I'm using it every single day, I'm sure I had added value to you ; ) ... and you're probably wondering...

“Where do I go from here?”

Well, this is just the beginning.

I'll post my Ask and You Shall Receive update on my side, feel free to check out the update I share as I will go more in depth into each aspect to help you more. Furthermore if you like the concept and books I share, I had written down on my resources page.

On the next page, you'll find resources that are more focused on the specific areas you might want to work on. Feel free to check them out and get them if you need specific help on that area of your life.

With this I will leave you with love to explore the wonderful resource page.

To Your Infinite Success!

Daniel Leong

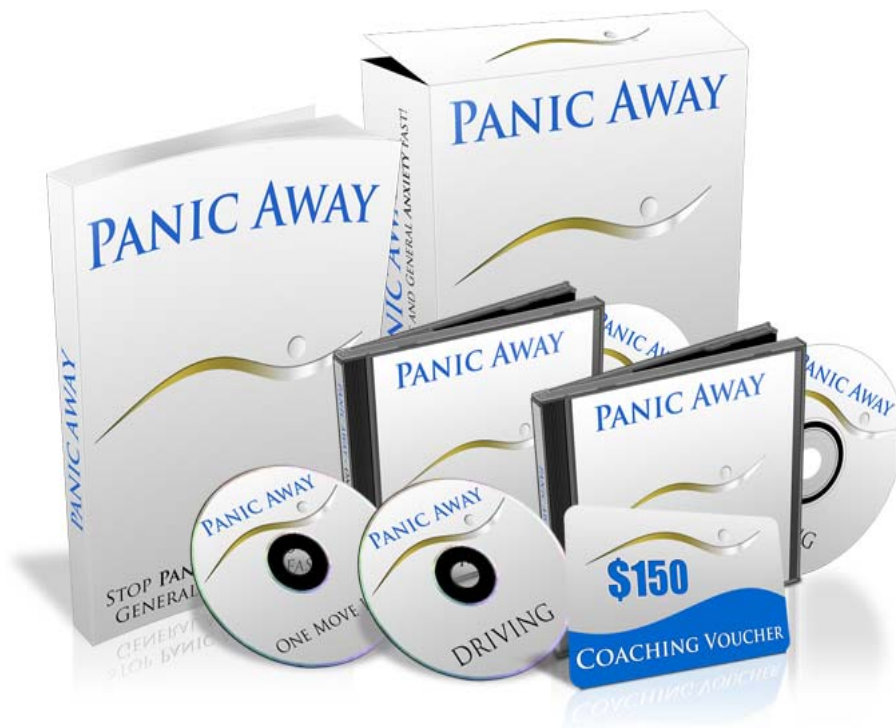
Founder,

<http://danielleongch.com>

## RESOURCES

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### Resources for Positivity!!!



Panic-Away - For anyone who are suffering from anxiety attack, you know by now that it is a debilitating sickness. This program is generally the best solution you can get aside from taking medication as medication only solve our problem temporarily, you can even try it for free if you're skeptical about this program. <http://danielleongch.com/panicaway>



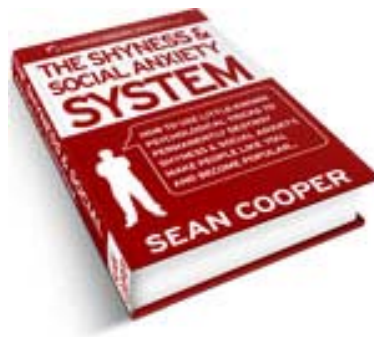
4 Week Manifestation - Our brain does not lose the ability to learn as we age, but rather a lot of people forget the importance to stimulate their brains for continuous improvements. This is the same in sports. Your stamina increase as you train daily, and decrease if you neglect it for many days. This program is able to lead your mind into states you might usually have difficulty reaching, especially when you age. That means, this is really the program for you, regardless of your age!! Give it a GO!

<http://danielleongch.com/bse>



"Finding Their True Calling... And Getting Paid To Do It!"  
Discover Your True Abilities Using This Secret Ancient Code And Enjoy  
A "Second Chance At Life"...WITHOUT Leaving Home. Shine Bright!

<http://danielleongch.com/pqs>



Boost Self Esteem! - No one is born with great self-esteem, you can learn  
the proper and effective way to eliminate social anxiety and shyness, and  
then you'll be able to boost your self-esteem!

<http://danielleongch.com/bse>





Manifestation Miracle - For anyone who are suffering from anxiety attack, you know by now that it is a debilitating sickness. This program is generally the best solution you can get aside from taking medication as medication only solve our problem temporarily, you can even try it for free if you're skeptical about this program.

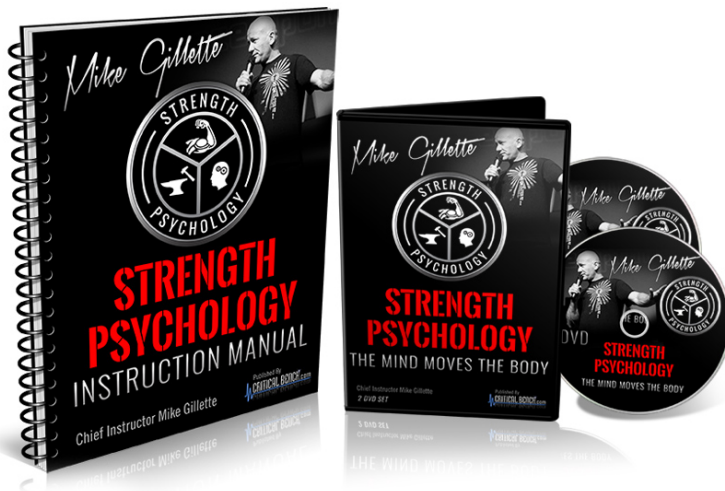
<http://danielleongch.com/manifestationmiracle>

## Resources for Health, Wealth, Social Success and Relationship!!!



Lean Belly Fat -It's a problem for EVERY person looking to build muscle or burn fat in their biggest problem areas or genetically stubborn body parts. Put these virtually unknown strategies to the test on YOUR body and experience exactly how incredibly effective they really are.

<http://danielleongch.com/leanbellyfat>



Strength Psychology - The Psychology of Strength Program gives you a practical, step-by-step blueprint to rapidly developing mentally toughness and suppress the fear and self-limiting beliefs that sabotage your success!

<http://danielleongch.com/strengthpsychology>



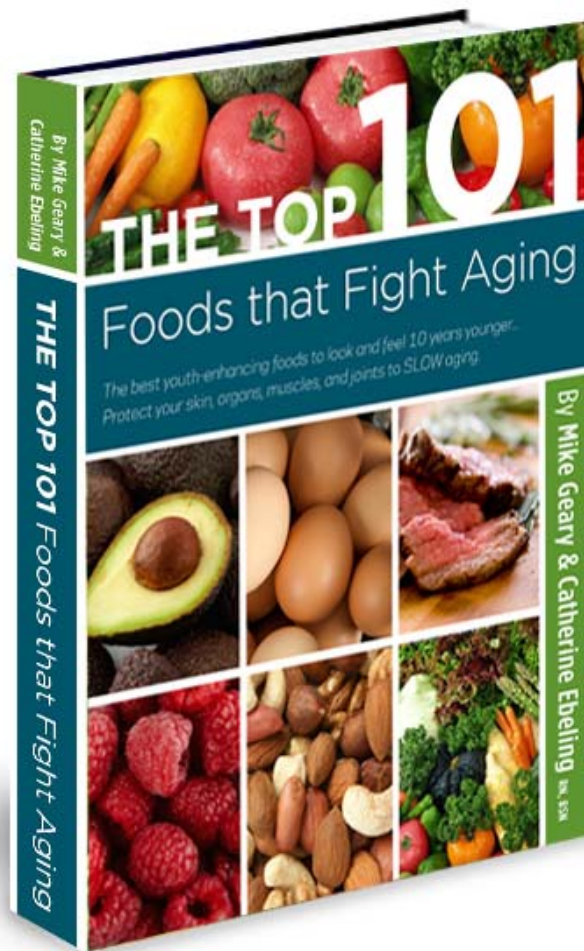
My Freelance Paycheck - If you've ever wished you could make an extra side-income (or perhaps even replace your entire day job) by working from home, then I've got a really inspiring program for you. It's the perfect side income, and for some it's a full time 6 figure income that dwarfs what they were doing with their previous day jobs. Best of all you choose how many hours you work, when you work, and where you work from. If this interests you at all, then I recommend you check it out!

<http://danielleongch.com/myfreelancepaycheck>



3 Week Diet - It contains an information-packed ebook and set of videos that reveal strategies anyone can use to tone their body and really take their appearance to the next level. This is the final piece of the puzzle that allows a person to craft a truly stunning body that will draw the attention of others and have them begging to know their secrets for looking so good.

<http://danielleongch.com/3weeksdiet>

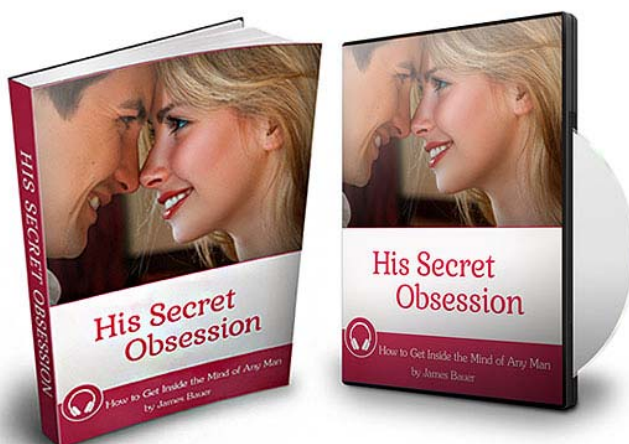


Top 101 Foods that Fight Aging - Wake up every morning feeling energized and refreshed. Discover over 15 “sneaky tricks” that control blood sugar and fight diabetes. These powerful nutrients also fight the formation of AGE’s, which mean they SLOW the aging process to a crawl...

<http://danielleongch.com/101ftfa>

Enhance your MUSCLE - Muscle growing can be tough as it involves proper diet and training, but with Kyle’s customize program you will enhance and maintain your muscle for good

<http://danielleongch.com/maxmuscle>



His Secret Obsession - There is a hidden, emotional need in a man's heart that he craves more than anything else. A man will go overboard to prove his love for the woman who can satisfy this secret emotional need. You won't believe the shocking effect you have on the men in your life. Find out more...

<http://danielleongch.com/hso>



The Woman Men Adore... - Discover the mysterious "Campfire Effect" that draws men like a moth to a flame. This guide will give you the blueprint to not only start attracting the kind of man you're interested in, but who'll stay devoted to you for the long haul... and also show you how to get past the games single men play.

<http://danielleongch.com/twma>



15 Minute Manifestation - Discover how to make it faster, simpler, easier than ever to reprogram your subconscious mind... to weed out limiting beliefs... like envy.

And... more importantly to reprogram your subconscious mind to MANIFEST MASSIVE ABUNDANCE...effortlessly. There won't even BE a need for envy! Check it out RIGHT NOW!

<http://danielleongch.com/15MM>

I wish my mission and work resonate with you!

I look forward to connecting with you more through my newsletter and Talk to you soon...

Daniel Leong (Just call me Daniel!)

Founder of <http://www.danielleongch.com>

Email: [daniel@danielleongch.com](mailto:daniel@danielleongch.com)