

eBook Sample

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Achieving Goals

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Introduction

Life is a precious gift of Almighty and hence it is the duty of every individual to spend his life in the best possible way. Now, living a life in the best possible way means, you should not squander your precious time away in useless activities that demand time and effort but do not have any purposeful output, whatsoever.

For instance, if you have studied medicine your primary obligation is to take care of your patients, to make sure you do your duty honestly and dedicatedly. However, if you just neglect this duty and instead prefer spending your time at home, watching the crazy football series all day long, or indulge in some other hobby of yours, you will lose the purpose of your life. You might enjoy those activities for the time being but since you have

actually strayed away from the goal of your life, within no time, you'll start realizing the uselessness of the entire routine even the existence of your life.

This in turn arouses negative thoughts which are not just harmful for the physical health of the individual but has disastrous effects for mental health as well. The point being, a successful and productive life is the one which is interweaved with goals, short-term and long term, of an individual. Lack of having goals or a neglecting attitude towards the aim and goals of your life can play havoc with the life of an individual and render him useless for his own self in particular and society at large.

Importance of Goals:

The importance of goals is aptly defined by Bill Copeland as he says;

“The trouble with not having a goal is that you can spend your life running up and down the field and never score”

While the essence of having goals has been discussed a little in the above paragraph yet if you want to know some specific advantages of having goals in an individual's life, take a look.

1. Shapes Your Life:

Goals basically shape your life. They keep you motivated and inspire you to move forward even against the worst of odds. They give a meaning to your life and instead of getting up listless in the morning (which happens with people having no goals) people with concrete goals live every day to the fullest and get up with a new zeal every morning.

2. Source Of Motivation:

Life isn't a bed of roses and in the times of conflicts and troubles, it is these goals that will help you move forward and to resist every trouble that comes in your way. They are source of inspiration and a flame in the dark which shows you the path towards your dreams.

Types Of Goals:

Basically there are two types of goals; long term goals and short term goals. Long term goals are the objectives you strive for in your life term. For instance, a long term goal of a student might be to get admission in the best university of the world for doing higher studies. Another man may have an aim of earning enough money to buy his own home at a wonderful locality to provide for his family. While the short term goals are the goals which help you in fulfilling the long term goals. For instance, the short term goal for that student will be to score high GPA to ensure getting admission in the top university of the world. Whereas, for the family man, the short term goal will be to get a good job or to start a profitable business, to earn money and fulfill his long term dreams. A goal needs not to be a lofty one to be considered a goal. Even simple goals like meeting deadlines at your work place, going to gym everyday to maintain a good physique can be aims of an individual.

The important thing is to have goals and to make effort to achieve them, big or small, doesn't matter.

Goal Setting

Now that you are aware of the importance of having goals, you need to know that just being aware won't take you anywhere. Unless and until you define your goals properly, you won't be able to make any sort of progress. The first and foremost step of setting goals is to ask yourself, what do you need to achieve in your life exactly? What is it that you aspire for? Where do you see yourself in the next five years? What is it that holds the highest priority in your life? Once you answer these questions, you will get to know the aim of your life since goals aren't a separate entity, they are very much interwoven in your life and your preferences and priorities define your goals.

Fitzhugh Dodson has described the importance of setting goals in the following wonderful words which makes it easier for us to understand it.

Dodson said, "without goal, and plans to reach them, you are like a ship that has set sail with no destination".

Setting goals is as important for leading a successful life as a blueprint is needed for constructing a perfect building. You can't imagine starting the construction process without any sort of blueprint in hand, can you?

- Give You Clarity:

Properly defined goals by an individual give him clarity of mind and help him stay away from any useless activity that might take up the precious time and effort without producing the desired output. See, whatever you are doing in life, you should know the real reason behind it and needless to say, the reason should be a strong one. There is no use of doing a tiresome, time and energy-draining 9-5 job just because you have a degree in hand and you don't want people around you to say you are jobless. The reason should be a strong one; there should be a goal behind it. A good reason or aim can be to earn enough money to afford admission in a foreign university or to provide for your family or to buy a new house in a safe and posh locality for your family. Without a concrete goal in your mind, life will seem too lethargic to spend.

- Keep You Focused:

Once you have set your goals, you know where you are going. There can't be anything that can keep you away from achieving your dreams. Goal setting is crucial to keep you focused and make you go through even the toughest of life's challenges. If your goal is to shed a few pounds to get in a perfect physique before getting hitched, trust me! It'll help you stay away from even the most tempting chocolate dessert ever, the yummiest ice-cream, and the mouth-watering cheese pie. Why? Because, the goal is bigger than these petty temptations!

- Motivate You To Move Forward:

Every one of us faces downtime once in a while in our lives. But if there is no goal in your mind, you won't most likely be able to emerge through that distressing phase. It is the hope of achieving goals that keeps you alive and motivated. Doing a lethargic 9-5 job that you otherwise hate, just to make sure people in your social circle don't find a reason to belittle you, by being jobless is the worst idea imaginable and is not a true goal of yours. Therefore, you will never enjoy going to the office and everyday will be an uphill battle for you. So, it's indispensable to take a pause and ask yourself if this is what you really wanted! The goals should be important enough to keep the fire of passion burning in your hearts.

Effects And Benefits Of Achieving Goals

Well, the biggest positive effect, goals have on our lives is they make the life worthwhile. There can't be anything more boring in life than to get up every morning to leave for a job that you have absolutely no interest in and are doing it to make someone else's dream come true. You are doing an exhausting duty in a multi-national firm from dawn till dusk but ask yourself if it's your dream or your employer's? If you know deep down your heart that your real goal doesn't coincide with that of your boss', there is no better time to quit the job then it is now.

One of the biggest benefits of having goals in life is that they help you grow professionally as well as personally. Your goals can be to meet the daily deadlines and if you achieve your goals on everyday basis, you'll certainly get perks and privileges; the bonuses and incentives. Similarly, when we say goals help in personal growth of an individual, it is implied that goals assist you in giving clarity of mind, which in turns keep you focused and matures and polishes your personality. They make you challenge the status quo which otherwise is the safe mode for an individual. But personal growth is all about working against odds and outside your comfort zone. This in fact brings the best out of a person and you actually get to know the true potential of yourself. The process of achieving goals makes the individual strong, sound in mind and successful.

Impediments In The Way Of Achieving Goals:

Achieving goals though is very rewarding, it isn't as simple as it seems. There is hardly a path in life that is easy to tread upon, is there? Those who strive for their goals face lots of troubles on their way to fulfill their dreams but the winners are those who overcome these troubles. You should always keep in mind that your goals are too loftier to be sacrificed at the hands of difficulties. Some of the common problems people face, when they get on the road of achieving goals are discussed below to help the others learn.

1. The most common and vicious issue that lets a lot of people abandon their goals and dreams is lack of faith in their own abilities. They compare themselves with others, trying to strive for the same goals and think they stand a better chance than themselves. Well, if you will give up like that they sure stand a better chance. You need to remind yourself that there is no one who can defeat you but Your own lack of self-faith.
2. Risk of failure is another thing that does not let people follow their dreams and strive for their goals. Yes, a ship is safe in the harbor but that is not what the ships are for. If you will not take the first step towards achieving the goal, you will probably be in the safe mode but you will stay in the same place for the rest of your life. Does it sound satisfying, even a bit? For achieving something, you have to come out of your safe zone and plunge into the perils and carve a place for yourself.
3. People give up hope pretty fast. The trouble is if you want to achieve something and have goals in your mind, you need to learn to be a little persistent. Persistence pays, for sure. A lot of people by just experiencing first failure completely lose hope and do not try again which makes failure their ultimate fate. So, you need to avoid this pessimistic attitude if you really want to make a difference in this lifetime.

Tips To Achieve Goals

1. First and foremost, stay determined to your goals. Trust yourself and take the first step. There is no one who will take the step But you.
2. Keep the negativity as far away from your mind as possible. Do not ever let anyone make you feel less capable. Every human being is born with unique characteristics and unlimited abilities. All you got to do is, to stay positive and make effort without fretting about the result. If you really want something and you make effort for it devotedly, there is no way you can't get it. So, stay focused, have faith in your abilities.
3. Reward yourself every time you achieve a milestone. No matter how small a milestone is, praise yourself for being steadfast and resisting the temptations. You met the deadline and didn't waste your time in catching up with friends on social networking sites; you need a pat on your back, for sure. After meeting the deadline, take half an hour off and go for a walk to rejuvenate yourself and get your favorite drink and praise yourself for being efficient enough to do things on time.
4. Keep a track of your progress. You need to know if you are going forward in achieving your goals or not. In case no, you might need to take a look at the daily plan for yourself. May be you are setting too-high-to-achieve aims for yourself which need some improvisation because if you keep on missing the deadline you set for yourself, you might eventually lose interest in going any further towards your aim.

Achieving goals give a meaningful direction to your life. There can't be anything rewarding than fulfilling your dreams. Set goals for yourself, both long term and short term, move forward with a positive mind frame, stick to your goals and never lose hope. This is the simplest recipe for achieving goals and gaining success.