

Do you need a little extra assistance to achieve your goals?



Are you getting a little lost when it comes to achieving this year's goals?

Have you forgotten what goals you even set?

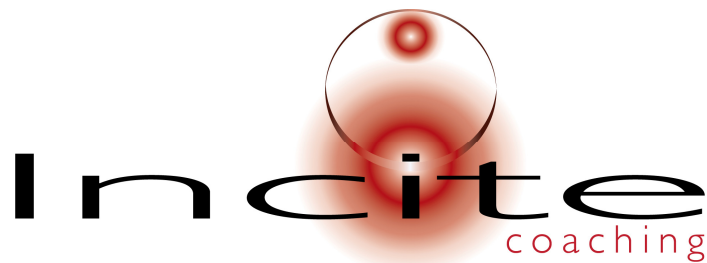
Do you want to achieve your goals, but it all just seems too hard?

Very few people who set new years resolutions actually achieve their goals. Why is this?

Some people set goals that seem just too big to achieve and they therefore give up. The task at hand may seem too hard or they are scared they may "fail" and giving up is better than trying and failing. Other people set goals that don't mean enough to them. The goal isn't really something *they* are passionate about.

If you really want to achieve your goals and want to be part of the small percentage of people who actually achieve their new years resolution, implement these easy steps:

1. **Get clear on what you want.** Why did you set this goal in the first place? What is the **benefit** of it happening? How will you look, feel and what will you say when you achieve it? What will achieving this goal mean for **you**, your partner, friends, family or colleagues? If you need to change or modify your goal, so that it is something you are really passionate about, do so.
2. **Enlist help.** Is there somebody who can **help** you achieve your goal? If it is a fitness goal, will a friend or partner commit to doing exercise with you once a week? If you want to change jobs, speak to your **network**, recruitment agencies or a **career coach** for help. Take accountability for making sure you can't not achieve your goal.
3. **Make it part of your everyday life.** If you want to really succeed in your goals, you need to make achieving them part of your day to day activities. That way achieving them will not be a chore; it will just be something you do. If you have a fitness goal, get off the bus a couple of stops early every evening, join a sports team or go for a swim in your lunch break. If you are looking for a new career, have a coffee once a week with somebody who may help you increase your network and therefore increase your chances of meeting somebody who can help you.



4. **Make the decision to succeed.** Quite often if you don't think you are going to succeed, you won't even try. This is an evolutionary response, designed to conserve energy. Make the decision today that you will succeed in achieving your goal, no matter what. Put your mind and focus on what you actually want (achieving this goal) and you'll be amazed at what you can achieve.

For further information on how Incite Coaching can help you achieve all that you want to with successful goal setting and accountability, visit our website www.incitecoaching.com.au, call us on 02 9560 4407 or email us at info@incitecoaching.com.au

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