



## Take action to move TOWARDS your goals!

Have you ever felt that you have tried every diet under the sun? Or have set financial goals to save for that new car, dress, deposit for a house and not seemed to make any headway?

If you feel like you are going around in circles trying to achieve your goals and never seem to get anywhere then maybe it is time to analyse the way you are stepping up to approach your goals and what actions you are currently taking.

Albert Einstein once said "The definition of insanity is doing the same thing over and over again and expecting different results". Think about this quote for a second and ask yourself, does this quote apply to the way you are approaching your life and goals?

Have you ever said "...but I've always done it this way....." or "...that's just the way it is....." or even "...that's how my parents/friends always did it." If you have ever uttered any of these sentences the chances are that you are limiting yourself to achieving your true potential and realising your dreams.

So, how do you take steps in the right direction to achieve your goals?

- 1) Write your goal, clearly and concisely on a piece of paper together with the date in which you will have achieved your goal.
- 2) Write down all the things you have done so far to achieve this goal, including why they did or did not work and what obstacles you encountered along the way.
- 3) On a separate piece of paper write down at least 10 action steps that will assist in taking you ONE STEP closer to achieving your goal, which are NOT the way you are currently doing things. Allow your mind to run free, no matter how silly the ideas seem. Remember, car clamps came from the silly idea of fitting cars with square wheels to prevent them from coming into London and blocking the streets. You may get a blank spot, this is the boundary conditions of your thinking and means you are getting closer to the answer, the key here, is to push through 2 of these blank spots.
- 4) Now, pick 2 or 3 of these action steps and ask yourself what additional resources/people do I have available to me right now to assist me with this actions step.
- 5) Commit to yourself specifically when and how you will take these action steps over the next 3 days.

If you would like more information on goal setting and achieving your goals quickly and easily, then call Jennifer and the team at Incite Coaching to arrange your fee introductory life coaching call.