



# GOAL SETTING FOR 2018

Ensure the New Year will be better than the previous year

5 Steps to achieving your goals

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How many of us set our new year's resolutions with excitement, enthusiasm and certainty of accomplishing them this time around. We say to ourselves, last year I did not achieve it because of..... (Excuses) but this year I know for sure I will. Sounds familiar? This is a very typical cycle for many of us. At some point in time, others are truly able to accomplish their goals, however the majority of us continue in this cycle of pushing our goals from year to year in hopes that SOMEDAY we will end up achieving them.

I spent some time surveying a number of individuals and asked them what they would like to achieve in the upcoming year.

**Here are the Top five goals:**

1. Make more money
2. Lose Weight
3. Spend more time with their family
4. Give more to charity
5. Be their own boss (fulfill that desire)

**Here are the top five things they don't want to repeat in the prior year:**

1. They don't want to have money problems
2. They don't want to continue their bad habits
3. They don't want to be away from their children as much
4. They don't want to hold back from giving freely and paying their tithe
5. They don't want to work for somebody else.

You should hopefully find yourself somewhere within these top five reasons.

Why are others able to accomplish their dream/goals and others are not able to? The same wind blows on all of us.

The wind of disaster!

The wind of change!

The wind of success!

The wind of opportunity!



Although it is not expected for all of us to achieve our goals at the same pace, it is necessary that we understand, achieving your goals sooner is always better than later. Ultimately, we all have choices to make. The choice for you to make it whether you want to stay on the same path you have for the last two to three years or you want to make the next year fantastically different, whichever path you choose, please understand that change will not occur unless you WISH to change.

### **For things to change YOU have to change first**

- » Don't wish things were easier, wish you were better
- » Don't wish for less problems, wish for more skills so you could solve your problems
- » Don't wish for less challenge, but wish for more wisdom to tackle and accept the challenges because that will help you grow.

### **There are usually three categories of individuals who are wishing for change:**

1. Those who are overwhelmed with life and cannot seem to find the time to accomplish their goals
2. Those who have all the time and cannot focus on executing. You feel like you are spinning in circles. You need more guidance.
3. Those who start executing and quit along the way because of distractions and adversities

Whichever category you fall into, these five key steps will help you to utilize your time wisely, execute your goals effectively and finish the course.

### **STEP 1**

#### **Identify your goals and start in the current year:**



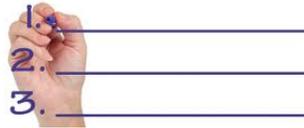
Most people wait till the year has ended and decide to start their goals in the next year. Just like weight loss, most people say they will start their diet on Monday am I right? The secret is to prepare your mind now rather than in the current year. Before the year has ended you need to sit down and identify what you failed to achieve in the current year and prepare to begin the goal setting process now...



## **STEP 2**

Write down your goals in the current year:

### Goals



Think it and Ink it. Inking down your goals is very vital. There is power in writing. Most goals are merely a fantasy if they are not written down. Once you write it down it becomes a reality, it keeps you focused, it reminds you of what you said you were going to do and it

helps you to stay true to yourself. There is something about pasting a goal on the wall and walking by it every day. Believe me; if everyone is seeing those goals as well, your chances of failing at all of them will be highly impossible because you are forced to check some of them off.

## **STEP 3**

Break your goals into steps:



Don't expect to achieve that one goal in its entirety in one day. We should always learn how to celebrate small victories. Achieving one step in your goal gets you closer to the end result. So spend time writing down all the steps and attach a date of accomplishment to that step, once you have completed a task you will feel a greater sense of accomplishment and that excitement will help you get closer to the final goal.

## **STEP 4**

Find an accountability partner:



It is easier to get off course if you have no one watching over your shoulder. When someone is not looking it is easier so sneak in an extra piece of candy, or an extra scoop of rice, or spend the money on another pair of shoe something. I know this, because it



happens to me all the time. They usually say experience is the best teacher right? Schedule a weekly or monthly touch base with your accountability partner just to give him/her an update on where you are. It helps when you talk out ideas, solutions, challenges and more. There have been several instances when I felt stuck, however the minute I started talking to someone about it, an idea popped out from nowhere. Mind you, choose your accountability partner wisely. Be sure it is someone who is interested in your accomplishment.

## STEP 5

Be open-minded and learn from your failures:



Receiving and accepting constructive criticism/feedback is very important to moving up in life period! It promotes learning, and learning leads to success. They usually say, if you are walking a crooked line, it is almost impossible for you to know that as you cannot see behind you. Someone else can see behind you and if they love you, they will be open and honest to sharing that feedback. If you have not failed, you will not know what it takes to succeed. Failure is inevitable and should be embraced as a learning curve in our lives.

In conclusion, the ultimate achievement of your goals will boil down to your “WHY”. In the past you have relied on will-power and that usually fails you along the way. Your goals will become more meaningful if they are connected to your “WHY”.

Your “WHY” has to be powerful and should ignite the passion and enthusiasm in you to want to go!

Write down your “WHY” and let’s begin the journey together....

Good Luck!

If you are reading this, it means you are willing to do something better in the upcoming year so congratulations in taking the first step, you are already a WINNER!