

How to keep your goals on track

Keeping motivated to reach your goals can be a hard process sometimes. Some suggestions for keeping your goals on track include:

What's your focus?

Only focus on a maximum of two or three goals. Too many goals can lead to lack of focus on any goal.

Keep on planning.

Write those to do lists on a daily, weekly and a monthly basis. Keep them separate, small tasks on your daily list, small goals on your weekly list and large goals broken down into manageable pieces on your monthly plans.

No limits!

Replace yourself imposed limits on what you think you can achieve with a no limits attitude.

BIG goals?

Do you feel like your goals are all so large and so far off that you feel demoralised when you think about them? Split the goals into smaller goals, give yourself some easy to achieve ones mixed in with the harder ones. Every goal you achieve, big or small will give you the motivation to complete them all.

Negative attitude

Stop yourself from thinking negative thoughts, when you do have them, replace them with the opposite, positive thoughts. You will achieve that goal, and you will do it with a smile on your face!

Support

Everyone needs support, doesn't matter where you obtain your support, as long as you have someone to support you and/or your goals.

Nearly there?

When have you have achieved your goal? Try to stop and review your progress from time to time, even track your progress on a timeline to give you a little more motivation.

Sweet Success

Make sure you celebrate your achievements, not just the completion of goals, but the smaller stops along the way too.

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