

LIFE CHANGING GOALS

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GOAL SETTING TIPS REPORT

SET A LIFE-CHANGING GOAL

TIPS REPORT

PLUS 3 ACTIONABLE STEPS

This report includes powerful tips related to Setting a life-changing goal.

*It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those people who are looking for even **more information**. ©*

THE TOP TIPS

TOP TIPS

If we sit down and think about it, most of us have goals. The problem is, they are often undefined thoughts just sitting in our subconscious. In reality, these are more daydreams than goals. If you are ready to actually set a goal that can change your life, then follow these tips:

I. Figure Out What You Want to Change

If you could change one aspect of your life, what would it be? Would you focus on your career, family or health? It doesn't matter what you choose, you simply need to figure out what area of your life you need to change.

I. Know Why You Want to Change

Why do you want to change that area of your life? Think about this ...a lot. This is essentially your motivation. Take some time to brainstorm all the benefits of changing this area of your life. Go back to the list often, especially when motivation starts to wane.

1. Dare to Dream Big

SMART goals are important. Specific, measurable, achievable, realistic and timely goals should make up the majority of our goals. That said, don't fear dreaming big. Sometimes it takes a big goal to really motivate us. What may seem unrealistic now, might not be as far out of your reach as you think.

1. Write Your Goal Down

Keeping your goal in your head, is only worth the paper it is printed on. You can't set proper goals without writing them down. Simply writing your goals down will differentiate you from the vast majority of people. Choose your goal and write it down. It is simple as that.

1. Break Your Goal Down into Smaller Goals

If you took the above advice, you dared to dream big. That has probably left you with a big goal that may overwhelm you. The best way to deal with this is to break this larger

goal down into smaller, more achievable goals. These smaller goals can be considered your action plan.

I. Set Deadlines

Every goal you set should have a deadline. You don't need to be cutthroat here, but you should be aggressive. If you struggle with hitting deadlines, then consider building in a reward system. If you meet a goal by the deadline, reward yourself in some way.

I. Take Action

At the end of the day, achieving your goals comes down to you. Are you ready to not only set goals, but take action upon them? Taking action is the only way you will ever achieve a goal. If you are struggling on where to start, choose the easiest task and start there

I. Reflect and Adjust

There is real value in taking time to reflect on your goals. Setting goals should be considered a fluid undertaking. Every once in a while you need to stop and think about what is working, and what isn't working. You also need to check in with yourself to see if your wants/needs are still the same. Taking some time to reflect on your goals, and adjusting where needed will make sure you stay on course

1. **Don't Stop**

Did you reach your goal? Perhaps, you reached an obstacle or impasse? Whatever the case - you keep going. Once you reach a goal, you set another one! If you get stuck on your goals, you either deal with the obstacle, or you move on to a new one. You can't change your life overnight, it takes persistence and dedication.

CHAPTER 1

ACTIONABLE STEPS

TAKE some time to brainstorm all the areas of your life that could use a change. Remember there are no wrong answers here, just set a timer and write down everything that comes to your head.

Consider the list you made in the last step. Figure out which area of your life would be the most fruitful to change right now. Write it down, and then list the reasons you want to change it.

Set a goal! Now it is time to set a goal. Remember to be specific. "I want to lose weight" is OK, but "I want to lose 45lbs by October 5th" is much more impactful. Once your goal is set, take some action!

RESOURCES & FURTHER READING

FURTHER READING

1. **The Magic Lamp: Goal Setting for People Who Hate Setting Goals**

<https://amzn.to/2NaeLz5>

1. **The Art Of Setting Smart Goals**

<https://amzn.to/2J3TWNu>

1. **Goals!: How to Get Everything You Want**

<https://amzn.to/32uGGjC>

1. **The Ultimate Goal Setting Planner**

<https://amzn.to/2Naf3pF>

I. **2600 Phrases for Setting Effective
Performance Goals**

<https://amzn.to/33Qrv4z>

ABOUT THE AUTHOR

Edward P Green is an emerging author of Self-help and Self improvement books and reports. This is Edward's second short report on the subject.



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