

Sound Goal Setting Techniques

Have you set goals for yourself only to fail to achieve them?

You need to follow sound goal setting techniques if you want to achieve your dreams. These techniques may be based on your own understanding of various issues, or on advice given by your parents, professional counselors, and seniors. But, no matter where they come from, they can make a big difference between success and failure.

The first thing you need to do is write down your goals. Remember that until a goal is committed to paper, it is not a goal; it is simply a desire. You also need to write down the benefits that you hope to achieve.

The next step is to pick a deadline and determine your current state of preparedness to achieve the goal. You should also identify which problems you are likely to face. This will make you mentally ready to conquer them.

You need to often review your course of action. This gives you a chance to change your goals based on your revised circumstances and needs. It is also good to surround yourself with people who are positive about your approach and who will cheer you on. Keep away from those who belittle you all the time. They can do more harm than good by trying to dissuade you from achieving your goals.

Your goals must arise out of your belief in your capabilities. This is very important, because no goal can be achieved that is not based on self-confidence. Motivation is another important psychological factor. In fact, motivation and goal setting are like two sides of the same coin. Your goal cannot be achieved without both of them.

Finally, all your goals should have several short-term targets and a long-term target. The short-term targets (or sub-goals) should have deadlines, and should merge with each other in seamlessly. You should review your goals periodically and modify them when and if your needs and circumstances change. These techniques are the best way to set and achieve goals.