

Six Factors to help you achieve your goals

There is often a huge gap between thinking of a goal and getting the result you want. Once you have thought of a goal use the following factors to help you achieve it.

First factor is your *Motivation*. Ask yourself, why do I think this is a good idea? List what you will need to do to achieve it and then rate your motivation on a scale of 1-10 (1 = no motivation to 10 = totally committed to doing it). If you get a score 8 or above write down the goal to which you are committing yourself (if your score is a low one review the goal you are aiming for) and then move on to the second factor, plan a *Celebration*. Maybe a drink with friends, an outing with the family, a visit to the hairdresser, or a day at a spa. Have a list of celebration treats which you can choose from to celebrate now and further down the line, for example to celebrate when you have started the actions needed for the goal, when you maintain the progress and finally a big celebration when you have achieved your goal.

The third key factor is *Support* without which achieving the goal may be extremely hard work. Apart from using your own qualities and strengths, reach out to family, friends and colleagues to either give you encouragement or actively join you in your objective (for example if you decide on a get fit programme); but remember that you are responsible for your own motivation.

It is hard to remain focused on an objective unless you have a sense of *Purpose*, which is the fourth key factor. Ask yourself why this goal is important to you and why you want to achieve it. Having a sense of purpose feeds the motivation, which can keep you going when it all seems too much like hard work and you do not appear to be achieving results.

From time to time during your progress towards your goal it is worth reflecting on the project so far and this brings us to the fifth key factor *Review*. The review may involve some hard questions about your progress and the motivation for the original goal. Maybe it needs tweaking or even radically changing. Sometimes, during the review when you ask yourself if the goal is worth the effort the answer may come back NO! It can be a more courageous and honest decision to say no but it can also be the hardest, because you may feel a failure or feel other people think less of you. Most of the time it is better to divert energy towards something else than stick to goal that is wrong for you just to avoid losing face.

The sixth key factor is *Acceptance*. Delays and setbacks often occur on the route to achieving goals. The ability to be able to accept the delays and work towards finding solutions to the setbacks, (maybe by tapping into the support structure or reviewing your sense of purpose and motivation) can get you moving again towards achieving your goal and the chance to have a really special Celebration!

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