

5 Great Tips on [Setting and Achieving Goals](#)

Goals are a great tool for motivation. But if you don't use them correctly, they can also be a source of frustration. Goals are only empowering if they are used properly. So how do you make a goal into something that is a benefit for you?

Goal-setting strategies are important especially for to help you create the type of success you desire and deserve. Here are five goal-setting techniques to help you realize them.

1. **Balance Your Goals:** In your life you will have personal development goals, personal finance goals and things goals. Don't neglect any of them. It is ok to want things, but don't forget to balance those pursuits with your own growth as a person. All of these goals are important so be clear about all of them and make them real for you.
2. **Plan Actions From Your Goals:** Goals are not items for your to do list. Your goal is what you are striving for. Plan specific actions that lead you towards those goals. Use the goals to provide your compass for those actions. When you plan actions for the day you can easily tell if they're going to be effective if you have clear goals to compare them against.
3. **Share Your Goals:** If you were an archer, would you keep it a secret that your goal is to hit the bull's-eye? Too many keep their goals a secret. Share your goals with people who will support and encourage your aims.
4. **Write Down Your Goals:** Make your goals real by recording them. Put copies of your goals on index cards and keep copies in the car and in the bathroom and review them regularly. Make them the center of your focus. Don't just set them and then ignore them. Your goals are like a compass to tell you which way to go. The exciting part is that you get to chose the alignment of your compass.
5. **Don't Give Up:** Your goals and the actions you take to get them are different things. Don't be afraid to try something, fail and try something else. Take effective and massive action to meet your goals and understand that any true goals will take many steps to achieve. Sometimes you will make a misstep, but that doesn't

mean there's anything wrong with the goal. Everyone makes mistakes, but it's only those who abandon their goals who don't achieve them.

Dave Saunders is an author and motivational speaker. If you would like to know more about how to have more time and achieve your dreams visit www.the-time-management-guy.com and receive free time management and goal setting tips.