

Learning how to set goals properly is arguably the most powerful skill that you can possibly learn. When you know how to set goals, it allows you to effectively work toward anything.

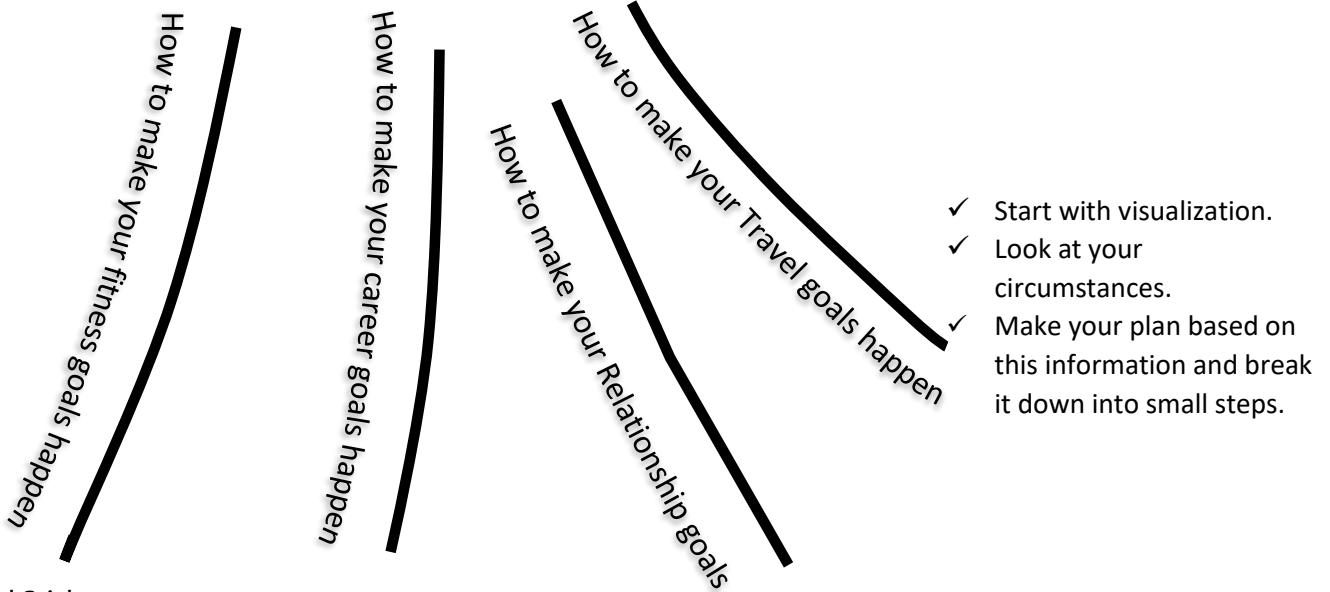
Steps:

1. Visualization
2. Assess Your Situation Honestly and Thoroughly
3. Formulate a Plan
4. Phrase Your Goals in Small Steps

Fear Setting.

The idea here is simple: you are going to write down all of the things holding you back and all of the things you're afraid of and then you're going to present counterarguments, contingency plans and more to remove those fears.

MAKE IT HAPPEN



How to Set and Stick to Realistic Goals:

- ✓ Fitting it In
- ✓ Enjoy It
- ✓ Play to Your Strengths
- ✓ Take it Slow

- ✓ Knowing What You Want
- ✓ Creating a Fool Proof Strategy
- ✓ The Path of Least Resistance
- ✓ The Fail Fast Model
- ✓ Taking Stock
- ✓ Creating a Plan for Dating
- ✓ Knowing What You Want