

Smart Goals By Tina Moenck

Creating the Success Mindset is thinking about where you want to be in the future, and setting goals to get there. Dreams are just fantasies, but when written down they are attainable goals.

You have the ability to learn any skill you need to achieve any goal you have set for yourself. You are only limited by your own thoughts.

Goals need to be *hand* written with specificity, and written as if they are already true to activate your subconscious mind. Your brain takes in what you tell it as a command, and your subconscious mind gets activated to go to work for you by what you think about and say when you do this right. Which is why visualization techniques are so powerful. It's so important to speak the things you want to be true as if they already are and visualize them. This not only boosts confidence, but it helps you achieve goals much faster.

You'll hear me say this a lot... You have to change your thinking to change your life. If you think you are broke, say you are broke, then you are broke. Your thoughts and words create your reality. Start creating the reality you want.

The most important thing to know is your goals have to be yours, and I know that sounds weird. This has to be what you want for yourself, not what someone else wants for you. It has to be your priority, your motivation, and your drive. You won't be as motivated if it's somebody else's dream, and not yours. This isn't what your parents or anybody else want you to do, this is what you want.

Where do you see yourself in 5 years?... What do you *really really really* want to do and who do you want to be in 5 years. Really think about where *you* want to be, and who *you* want to be and write it down.... Pen to paper. Think about what you would do if you have all the money you needed, all the time you needed, and you were guaranteed success....

You'll be surprised at how much better you can focus when you get into the habit of writing everything down. If you write everything down that you need to do the next day before you go to sleep, it takes the stress off your brain and it can work on solving problems for you while you sleep. When you wake up you can have answers that you need.

You already wrote where you want to be in 5 years. What I want you to look at next is the Priority Workbook. The 3 areas you scored the lowest are where you need to start setting short term goals to raise those areas. Remember write them down as if they are already true and be specific... this is very important.

Write them with the 3 P's... Present tense, Positive, and Personal. Write them with "I" and then a verb.

Example- If you need to work on your fitness... write down something like "I am working out 5 days a week. I weigh 130 pounds."

If you need to work on your romantic relationship... write down something like "I am taking my partner out every Friday night, and I am not on my phone on the date. I am listening to my partner, and not saying judgmental comments."

If you need to work on your personal growth... write something like this "I am investing in myself, and I am fast tracking my success by doing so. I am listening to one audio book a week to learn."

If you need to work on your finances... "I am out of debt. I have raised my income to \$100,000 this year."

(Note if you make an income goal, do not make it a crazy increase in one year like \$30,000 to \$300,000... this actually inhibits your brain. Make it like \$30,000 to \$50,000 for one year.)

You get the idea. The stats say 3% of the population actually writes down their goals, and those are the most successful and richest people.

What I do is have a 5 year goal, and then I have yearly goals, and then I have 90 day goals. It's so much easier for our brains to achieve a 90 day goal, and then another 90 day goal, and so on until you reach the yearly goal.

I want you to write down a big yearly goal that's scary. A goal that you are afraid to tell someone about, because it's so big. Don't be afraid to have big goals.

Be sure to give yourself a deadline. This is very important for completion. This helps you schedule and keep on track to the finish line. Just in case you miss the deadline, don't be hard on yourself... it probably wasn't feasible for you. Just make another deadline. There are no unrealistic goals, just unrealistic deadlines. Life happens, so don't be hard on yourself it's self-defeating. Stay positive and take the time to celebrate your finished goals.

You will need to work single mindedly on the task until it's complete. Don't switch back and forth between projects... research says this actually takes longer to complete tasks. Science proves we don't multi-task effectively, what we actually do is switch tasks, and every time we switch tasks there is a cognitive cost... glucose. Our brains use glucose every time we switch our attention to a different task, and this drains our brains. Day dreaming, sleeping, and eating sugar restore the glucose to our brains. You can work much better and faster when you stay on task until you finish a project. If you get brain fog, or have trouble concentrating then there are several things you can do. If you have not subscribed to my website www.naturalsudsnmore.com I have a free ebook on "How to Detox Naturally" that's available after you subscribe. In the Thank You email there is a link to download this ebook for free. You have to take care of your brain, especially if you are in business... your ideas come from your brain, and where would you be if you didn't take care of it? How much more success can you achieve if you take care of it, and how much faster can you achieve that success? I'm one of the few business coaches that will tell you, you have to drink water, eat your veggies, and work out to take care of your brain and body.

On the next sheet I want you to write down your top 10 goals and be specific and write them as if they are already true.

Fear of Failure is one of the biggest obstacles to overcome for a lot of people. If you haven't heard me say this yet, you will a lot... *Celebrate Failure*, because if you tried and it didn't turn out the way you wanted you learned something. You get to try again wiser. Success is found on the far side of Failure. Keep trying until you get it. I believe you only actually fail if you stop trying. No invention I know of was ever created perfectly the first attempt.

The way to accomplish a specific certain goal is to do the salami slice method. Start with a big goal and break it down into manageable slices. Brian Tracy has a book called **Eat That Frog**, which talks about how to go after the big goal first and do this salami slice method. Figure out exactly what you need to do, and what you need to learn to accomplish the goals. Who can you learn from? What Audio books can you listen to? What books can you read? What podcasts can you listen to? What online courses can you take?

Remember you have the ability to learn any skill you need to accomplish any goal you have set for yourself. The most successful people are life long learners, and absorb as much information as they can every day.

Just as an example of my goals... when I write a book that's my yearly goal. And the update is a 90 day goal. I break it down into what I need to get done by a certain deadline. I break down everything I need to do, and break all those down into separate small goals that I can do weekly and daily so that's it's done by the deadline.

Example: My goal is to finish my book update in 4 weeks. I have 4 chapters left to update. I will finish one chapter each week to stay on my deadline. I will work on a certain section each day to complete the chapter by the end of the week.

That was a basic example to give you a visual in your head.

You will need to work single mindedly on the task until it's complete. Don't switch back and forth between projects... research says this actually takes longer to complete tasks. Science proves we don't multi task effectively, what we actually do is switch tasks, and every time we switch tasks there is a cognitive cost... glucose. Our brains use glucose every time we switch our attention to a different task, and this drains our brains. Day dreaming, sleeping, and eating sugar restore

the glucose to our brains. You can work much better and faster when you stay on task until you finish a project.

You can also schedule your tasks on your Google calendar or a wall calendar. This will help you stay on schedule, and make it easier to say no to someone when they ask you to do something for them. If you schedule your workout or schedule an hour to work on something, unless an emergency comes up you need to stick to your guns to accomplish your goals. Remember you need to think futuristically in order to achieve your goals... Have your eye on the prize.

Keep in mind that you can't work all the time. Your brain needs at least one day of rest a week to work the most efficient. If you drain your brain it actually takes longer to accomplish tasks.

Any goal can be achieved if broken down into small enough pieces, and if you have the success mindset.

Keep in mind that you become what you think about most of the time. Your thoughts create your reality.

Keep a journal, and make it a nice one so it won't get lost. Write in it daily. Write your To Do list before you go to bed, or write it in the morning... whatever works best for you.

It will take time to create these success mindset habits. It takes 21 days to create a habit, and until it becomes automatized, you need to have the self discipline to set, and work on your goals.

Getting organized will help tremendously. I highly recommend the book by Daniel Levitin called **The Organized Mind**.

Remember you can do it, because you are worth it. I believe in you, and so should you. Tell yourself everyday you can do it! Build your confidence every single day by telling yourself positive things... be your own cheerleader.