GOALS | PERSONAL GROWTH

Simple ways to super-charge your goals and make them work!

Progress feels good but achieving a goal is awesome!

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Goals. Most people have a love-hate relationship with goals.

They love them because they are such a great idea and a wonderful way to motivate us to achieve, as well as evaluate our progress, but hate them because for many, they more often than not go unattained and simply frustrate them. This isn't what goals should do!

So here are some simple ways to set goals so that we achieve them! After all, what good is a goal if it isn't something you achieve? Here are some simple steps you can take to make sure that you see change in your life this year.

Narrow your focus.

That's right, start small. Pick two or three areas tops, that you want to work on. Too many people say to themselves, "I want to do this, and this, and this, and this..." and they end up doing nothing! Most of what you do throughout your day can be done without a lot of mental or emotional exertion, but change isn't one of them.

So focus down to a couple. This way you can get some victory in these areas.

Here are some areas to think about: Physical, Intellectual, Emotional, Spiritual, Financial, and Relational. What areas need some work? Now,

what one thing should be the first item on the change list? The others will come later, but for now, you should focus on two or three total.

Keep the long-term in mind, but set your sights on achieving your goals in the short-term.

Do you want to lose 75 pounds? Good. Long-term you will. But for now, think short-term. Don't think about losing 75 pound by summer. Think about losing 5 pounds by November 1st. This does two things. First, it makes it urgent. Instead of blowing it and saying, "Oh well, I still have 17 months to lose the 75 pounds" (because eventually that becomes 2 months to lose 75 pounds) your goal is only a few weeks out. This is better in terms of reaching your goal. Secondly, as you reach these shorter goals, it gives you regular victories instead of regular progress.

Progress feels good, but achieving a goal is awesome!

Reward yourself when you achieve the goal.

When you lose the 5 pounds by November 1st, go get yourself a Grande whole-milk mocha. But just one! Then get back to your goal for December 1st. This puts a little fun back into the process of self-control and self-discipline. You will look forward to the reward and when the going gets tough, you will say, "two more weeks, two more pounds, then..."

That's it. I truly believe that it can be that simple for you.

This adds some ideas to the above article.

1. Don't bite off more than you can chew. Instead of saying, "I am going to quit my three pack a day habit cold turkey," say "I am going to drop to a pack and a half a day." You can always make new resolutions when you have achieved the first ones. Give yourself small victories a little at a time. Instead of saying "I am going to lose 75 pounds," say "I am going to lose 20 pounds."

2. Be specific in your timeline. Don't just say, "I am going to lose 20 pounds." Say, "I am going to lose 20 pounds by April 1st." This way, when you start to be tempted in the ice cream aisle in the middle of

November, you can say, "Nope, only 10 more pounds to go in a month and a half and I am not going to blow it."

3. Post your resolutions where you will see them every day. This will keep the resolution in the front of your mind at all times. Instead of forgetting that you are trying to lose weight and ordering a big, thick porterhouse, you will have been reminded earlier that day that you need to go with something a little more on the lighter side. It will help your will beat your desire.

4. Find an encouraging person, who you respect, to keep you accountable. This person should ask you, at an interval established by the both of you, how it is going. They must be the encouraging type, though. If you are blowing it, they can say, "Well, that's okay, get back to it tomorrow." If you are doing well, they can say, "Awesome job. I'll talk to you next week." You will look forward to their weekly encouragement.

5. Find a partner. That's right, someone who is trying to accomplish the same thing (or something different if need be). Just make sure that they really want to change, or they will end up just bellyaching about how hard it is and you will both fall into the abyss.

6. Write down a list of all of the benefits that will come if you accomplish this. If it is losing weight it might be something like this: Feel better, better self-esteem, longer life, clothes are more comfortable, no more time spent sewing on popped buttons, wife says you look 22 again, etc. If it is quitting smoking, it may look like this: Better breath, no more brown fingers, no more wrinkles on my face, no more red eyes, no more smelly clothes, longer life, wife don't make me spend two hours a day on the back porch, etc. This will help you see what you will get from accomplishing your resolution.

7. Plan a reward if you accomplish your resolution. It can be anything from small to large. If you drop the twenty pounds, go out for dinner and dessert. Then get back to lose the next 20. If it is quitting smoking, go on a mini-vacation. Whatever you do, reward yourself. Or let a spouse or a friend pick the reward. Then splurge and enjoy!

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!

Consulting Services

Chris Widener is proud to offer his consulting services to you. The following three areas are his specialty areas. If you have been considering the help of an outside source to help you in business or life issues, you'll want to read the following information.

Personal Growth

As a person who has worked for 10 years with people from all sorts of backgrounds, Chris Widener is an expert in personal growth. Our lives aren't just all business. We have intellectual pursuits, spiritual lives, families, hobbies, and recreation to think about too. For the best advice on how to maintain a balance in all of the areas of your life, Chris can be your own personal growth coach.

Business

Starting a new business or just want a boost for an existing one? Chris Widener is the resource you are looking for. Chris has a knack for taking complex issues and boiling them down to a step by step plan of action to help you achieve your business goals. Drawing from his own experience and a network of successful contacts, Chris can help guide you down the path of success.

Got problems? From small problems to large ones, Chris can help you get solutions! He will help you determine the problem, and then get you on your way to solving the problem in no time.

Sometimes you need an outside source to take a look at what you are doing and provide smart, creative advice. Email Chris today!

Speech Coaching

As a professional speaker, Chris is one of the best. Now, he can help you become your best whether you speak every day or simply have a once a year speech coming up. Chris has both on-site coaching and video assessments available. Email Chris today to find out how you can reach your peak as a speaker.

For strategy, advice, encouragement and an honest appraisal, give Chris a call. 425-444-GOAL