



## The Power of Goal Setting

- I will get a better job
- I will become a millionaire
- By July, I will have paid off my home loan
- I will stop smoking this year

Each year many people set New Years resolutions as to what they would like to accomplish that year. What is amazing is how few people actually follow through on these goals and make them become reality.

It is estimated that only 5% of Australians set goals, and even those who do set goals, often do not know how to set them properly. There is also the problem of people not looking at their goals for months on end. No wonder they haven't achieved what they set out to.

### **So why do we set goals?**

Goals enable us to gain clarity and focus on what we want out of life. If somebody said to you;

*Would you like to come out in my boat? There is just one thing you should know though before you decide – there is no rudder, no oars, no motor - so we could end up anywhere.*

Would you go?

Chances are you wouldn't! But that is how many of us live our lives. Without focus, we tend to drift with the currents of life. We rely on luck to carry us forward. Where would we end up?

## So how do we set goals to gain maximum results?

- ➡ Be clear on why you want the goal. Your goal must fit in with your values and life purpose. If it does not, then you will be constantly running an uphill battle.
- ➡ Be specific – Don't say you want to be rich. Instead, say how much money you would like to have.
- ➡ Give it a time frame – You must say when you want to achieve the goals by. This step is absolutely crucial.
- ➡ You must be able to measure the goal. Always ask yourself: How will I know when I have it?
- ➡ When setting goals, make sure that you don't get caught up in 'how' to achieve the goal. Remember, reasons come first, answers come second.
- ➡ Focus on your goals at least once a day!
- ➡ Break your goals up into small bite size pieces.
- ➡ Schedule in all the subcomponents of your goals in your diary.
- ➡ Follow through with actions! Be willing to pay the price to make your dreams come true.

If you focus on what you want in life, then you channel your energies into turning your dreams into reality. Goals are merely dreams with a deadline. Isn't it time you started steering your ship of life in the right direction.

Enjoy the journey!

### ***Written by Blake Beattie***

Blake is a director of Inspire Consulting and the Life Changing Experiences Foundation. Through coaching, speaking and training, Blake has provided long term, sustainable solutions to a number of different organisations throughout Australia, America, Canada and New Zealand. Myers, Telstra, the Australian Swimming Team and Community Aid Abroad are just some of the organisations that have benefited from Blake's work over the last few years.

Blake is a qualified teacher, actor, timeline therapist and NLP practitioner and is currently completing a Masters Degree in Business Administration. He has been a National Speakers Showcase finalist and was nominated for the Yale World Fellowship Program. Blake has managed highly successful teams, has spoken to audiences of up to 15,000 people in a day and has featured on Australian radio and television. Blake recently spoke aboard the Sapphire Princess, the largest passenger ship to ever come to Sydney and was also awarded the Summit Leadership Award presented at Parliament House.

Blake delivers results. He is a dynamic and passionate speaker who connects with any audience to increase productivity and improve performance. For your next conference or event make sure you choose a speaker that provides lasting sustainable change – look no further than Sydney born speaker Blake Beattie.

