

ACHIEVE YOUR GOALS



**DISCOVER THE HIDDEN SECRETS
TO MOTIVATION AND ACHIEVING
PERSONAL POWER**

Chase the right goals

- ☐ Realistic goals
 - ☐ SMART goals
 - ☐ Specific
 - ☐ No ambiguity
 - ☐ No vagueness
 - ☐ Measurable
 - ☐ Track your progress
 - ☐ Achievable
 - ☐ Feasible
 - ☐ Attainable
 - ☐ Relevant
 - ☐ Reasonable
 - ☐ Realistic
 - ☐ Timely
 - ☐ Deadline
 - ☐ Time-bound
- ☐ Unrealistic goals
 - ☐ Wastes time and money
 - ☐ Will lead to failure
 - ☐ Likely impossible to achieve

What's stopping you from succeeding?

- ☐ Fear of failure
 - ☐ Everyone has failed at something
 - ☐ Let it mentor you
 - ☐ Learn from your failure
 - ☐ Excellent guide to success
- ☐ Procrastination
 - ☐ Prioritize less important things
 - ☐ Delaying important tasks for later
 - ☐ Waste a lot of time
 - ☐ Can't take back lost time
- ☐ Fear of success
 - ☐ Afraid of change

- ☐ Afraid of leaving comfort zone
- ☐ Afraid of disrupting balance
- ☐ Trying to delay success
- ☐ Lack of self-belief
 - ☐ Don't listen to naysayers
 - ☐ Low self-esteem
 - ☐ Dream killer
- ☐ Lack of motivation
 - ☐ Like fuel to a car
 - ☐ Easily give in to temptations
 - ☐ No drive to work on tasks
 - ☐ No passion to succeed

What is motivation

- ☐ Key ingredient to success
- ☐ Intrinsic motivation
 - ☐ Internal factors
 - ☐ Internal satisfaction
 - ☐ Internal desire
 - ☐ Achieve your goals
- ☐ Extrinsic motivation
 - ☐ External factors
 - ☐ Rewards
 - ☐ Awards
 - ☐ Recognition
 - ☐ Monetary reward
 - ☐ Punishment
 - ☐ Use fear as motivation
- ☐ Know your "why"
 - ☐ Why do you want to succeed?
 - ☐ Biggest source of motivation

Staying motivated in long-term

- ☐ Always keep goal in mind
 - ☐ Long-term goal takes years
 - ☐ Break into mini-goals
- ☐ Make motivation a habit
 - ☐ Will happen naturally
 - ☐ Don't need to think about doing it
 - ☐ You just do it
 - ☐ Practice makes perfect
- ☐ Goldilocks principle
 - ☐ Not too difficult
 - ☐ Leads to procrastination
 - ☐ Not too easy
 - ☐ Leads to boredom
 - ☐ Just right
 - ☐ Optimal challenge
 - ☐ Good chance of succeeding

Good qualities you should have

- ☐ Passion
 - ☐ Do whatever it takes to succeed
 - ☐ Keep on fighting
- ☐ Positive mindset
 - ☐ Look at things positively
 - ☐ See opportunities everywhere
 - ☐ Optimistic about life
- ☐ Self-confidence
 - ☐ Healthy self-esteem
 - ☐ Believe in themselves
 - ☐ Talk confidently
 - ☐ Easily conquer doubt
- ☐ Integrity
 - ☐ Honest with themselves
 - ☐ Honest with everybody
 - ☐ Do your best

- ☐ Strong character
- ☐ Someone you can trust
- ☐ Self-discipline
 - ☐ Strong foundation for success
 - ☐ Focus on your goals
 - ☐ Won't give in to temptations

Top habits for success

- ☐ Early morning habit
 - ☐ Rise early in the morning
 - ☐ Get more done each day
 - ☐ Maximizes productivity
 - ☐ Get head start
- ☐ Exercise
 - ☐ Good for mind
 - ☐ Good for body
 - ☐ More energy
 - ☐ Feel better
 - ☐ Look better
- ☐ Eat healthy
 - ☐ Stay away from junk food
 - ☐ Keeps away illness and disease
- ☐ Self-improvement
 - ☐ Always room for improvement
 - ☐ Don't stagnate
 - ☐ Strive to be the best
- ☐ Create to-do list
 - ☐ Motivates you to take action
 - ☐ Helps you prioritize tasks
 - ☐ Measures your progress

Take massive action

- ☐ Applied knowledge is power
 - ☐ Don't just rely on knowledge
 - ☐ Put knowledge into practice
- ☐ Figure out best strategies
 - ☐ Have different plans
 - ☐ Find the best plan that works
 - ☐ Trial and error
- ☐ Take smart action
 - ☐ Lead to good results
 - ☐ Use time wisely
 - ☐ Work effectively and efficiently
- ☐ Pareto principle
 - ☐ 80/20 Rule
 - ☐ Identify the 20% for better productivity

Dealing with obstacles

- ☐ Don't get discouraged
 - ☐ Expect obstacles
 - ☐ Be prepared always
 - ☐ Don't panic
- ☐ Turn obstacles into opportunities
 - ☐ Let your creativity shine through
 - ☐ Think outside the box
- ☐ Ask for help
 - ☐ Get solution to problem
 - ☐ Not a sign of weakness
- ☐ Keep emotions in check
 - ☐ Emotions can cloud judgment
 - ☐ Be objective

Positive thinking for success

- ☐ Ready to move forward
 - ☐ Look towards future
 - ☐ Don't let past affect you
- ☐ Push your boundaries
 - ☐ Think big
 - ☐ See how far you can go
- ☐ Adjust goals
 - ☐ Be realistic
 - ☐ Be flexible when needed
- ☐ Be grateful
 - ☐ Look at what you have
 - ☐ Pay it forward
- ☐ Surround yourself with positivity
 - ☐ Positive people make great friends
 - ☐ Will help motivate you

Unleash your true potential

- ☐ Know your limits
 - ☐ Work within your limits
 - ☐ Test your limits
- ☐ Stop making excuses
 - ☐ Be self-aware
 - ☐ Running away from success
- ☐ Commit to success