

The 5-Step Plan to Clarify Your Goals Towards Success (With Results)



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Step 1

Identify the changes you need to make in your life right now

You most likely already know what this is. For example, you might pick something as basic, like “waking up an hour earlier to study.”

A few other examples:

- Choosing to make a career change, to do what you really love
- Taking a stand to leave a toxic relationship
- Hiring more experienced staff to handle your Business PR
- Making a decision to go for further studies, to become an expert in a particular niche

Making a positive change is a choice. The question is how important is it to you, and how dearly do you want it? You have a choice to create your desired future.



□ Step 2

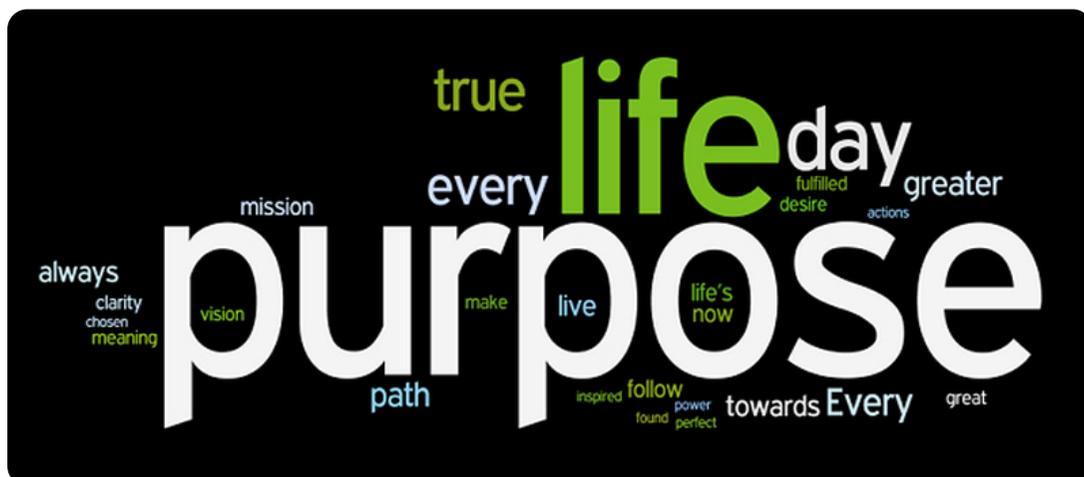
Use positive affirmations as a tool to help with making the change

What happens when you use affirmations? You focus and put all your energy on it. You use your will power: where there is a will, there is a way.

Affirmations should be, specific, conveys strong emotions, right for you, short & simple, clear & precise, conveys positivity, and present.

A few examples of affirmations are:

- I attract love and light
- I welcome change in my life
- I am now living my dreams
- My dreams are valid
- I am enough
- I am a giver
- I am smart
- I love myself



□ Step 3

Know your 'why' to Achieve Consistency

It is not what you do, it is why you do it, that makes a difference. If you think it, you can do it. Knowing your 'why' will bring about lasting success. You'll stand out from the crowd with your why. Your why is what gives you momentum to get out of bed daily. Your 'why' is your 'utmost desire.' What keeps you up at night? what do you desire most to achieve in life? what gives your life meaning and purpose? Your 'why' makes you think outside the box, act in a certain way, communicate your desires and interprets your goals from the inside out, rather than following the crowd.

Questions to ask yourself to know your 'why' are?

- * What is my purpose for doing this?**
- * Why do I exist? why am I here?**
- * What is my cause? My belief?**
- * Why should anyone care?**



□ Step 4

Take the leap from doubt to doing

Your success or failure will depend on your habit! Taking a leap doesn't need to be elaborate. Start with little steps to put your plan into action, such as breaking down your goals into "short term, medium term and long term " as a start. It doesn't matter what you do, your focus should be on something you're good at doing. It matters to keep doing something no matter how small. Every small step you take today, leads to bigger steps tomorrow.

How do you go from doubt to doing?

- By getting your mind out of scarcity? The will power is in your mind to force life to come through for you with whatever you demand of it or asked.
- What didn't go as planned yesterday, needs a little more tweaks to succeed today. You feel a sense of accomplishment when you push through failure to get it right the next time around.

□ Step 5

Evaluate Your Goals Regularly

Set goals that work by connecting with your 'why' If the goal changes in the process, then you change with it. Don't let anyone tell you that your best days are behind you, no matter how many times you fall, you have to rise up again and keep believing in yourself. Keep going, making sure you're on track to achieving your goals, no matter what!

How do you clarify your goals?

*Get a notepad to write down what your fears are? Writing it down will help you create awareness on what to do to move to the next level. Don't let your fears define who you are.

*All the steps you take from now on, needs to add up to your ultimate goal. Knowing your why, makes the how easier to master.

* Having clarity of your why is a breakthrough. It is less time wasting and putting focus in the right direction. You'll be able to get a taste of your potentials and see clearly your abilities to achieve success and happiness by what you can do.





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Overwhelmed thinking about how to take decisive Action on your Goals?

Let me show you everything you need to know to confidently help you burst through your fears of holding back, with courage and resilience, knowing that you are capable of doing it.

My 4 weeks Building Courage and Resilience Course will take you through every step of the courage and resilience building process, teaching you everything you need to know to help you understand the root cause of what is holding you back, gain clarity on what next steps to take, and the confidence to take your power back.

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