

SECRETS TO ACHIEVING GOALS



FOREWORD

Many people might be asking what the secrets are behind achieving a goal that you have. Studies from the Harvard University and the University of Southern California have shown that the act of merely offering small and simple rewards to a person can serve as a motivation for him. The simple act of receiving gifts and any compensation for jobs greatly inspires the individuals to keep working for a bigger goal.

Structuring your daily routines in order to gain diminutive hits of dopamine in every accomplishment will surely help you maintain the reward engine and will encourage you to do even more. Upon doing all the activities in your daily procedures, you will surely get the feeling of satisfaction after completing such tasks. With this feeling, you can be energized and encouraged more to strive harder in attaining larger goals.

Certain studies have found out also that people get more motivated whenever they receive some rewards for the corresponding works that they have done. And as an outcome of that, they work harder in order to gain additional rewards. Raising the level of such rewards will also challenge these individuals to do even better.

CHAPTER 1

GOAL BASICS

There are already millions of words written about the setting and achieving of your goal, which are practiced by millions of people as well. But still, most of the goals created are not fulfilled. Here are some significant tips that will help you accomplish better the goals that you have.

1) Your goals should be original.

This doesn't mean that such goals need not to be somehow similar or same as the other goals of other individuals. It just means that you should have your own goal, not a second hand one. Many people are practicing to have their goals based from the expectation and hopes of their cultural norms, society, parents and teachers. This results to cases that wherein you cannot hold such goals for long periods of times. Remember that setting a goal truly means that you should earn fulfilment and happiness as you accomplish it.

Practice setting goals that are originally yours, not that assumed or inherited. If it is not just from you, what will be the meaning of it? Accomplishing them will not give you that happiness and fulfilment in life.

2) Your goals should be inspirational.