

JoyGenea's Top 10 Process for Achieving a Goal

What is a goal?

the object of a person's ambition or effort; an aim or desired result.

1. Dream/Think/Visualize

How would you like something in your life to be different a month, a year, or maybe ten years from now?



2. Write about this goal

I am talking about every little, tiny detail you can think of right now, **write as much as you can down on paper.**



3. Find people

Find role models that have already achieved your goal or gotten further than anyone else. **Find people working to achieve the same goal.**



4. Plan of action

Create an **outline** of how you **might** achieve this goal. From the outline create actions using the S.M.A.R.T. goal process.



5. Get help

If there are actions on your list you don't know how to do, **ask for help** from someone that does. **Pay for help.** Figure out how you can learn enough to handle it.



6. Be accountable

Have **accountability as part of the process.** Have a way for you to **track your progress.**



7. Anticipate obstacles

As a different thinker you need to know that **procrastination is your greatest enemy.** What is your plan of action for that? What other obstacles could get in your way?



8. Do the action

Plan to be uncomfortable. This is a lot of new stuff. You are going to be uncomfortable, and this is ok, **just keep taking action in the direction you want to go.**



9. Adjust

Adjust your system as you learn more about how you sabotage your success and root out the excuses. **Adjust as you learn new information and gain new skills.**



10. CELEBRATE the WINS

How will you celebrate the small and the big wins? Who will you **share your small and big wins** with?

