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What is a Goal?

By Tom Hopkins

The average human being has the ability to achieve almost anything. Lack of basic capability is rarely the problem, but rather, finding out what you want and being willing to sacrifice, change, and grow to satisfy that want.

Here's a step-by-step system of goal-setting to help you achieve your wants that can be applied to all walks of life.

1. If it's not in writing, it's not a goal. An unwritten want is a wish, a dream, a never-happen. If it's in writing, it's a commitment.
2. If it's not specific, it's not a goal. Broad desires and lofty aims have no effect. It must be concrete.
3. Set vivid goals. Define not only what you want, but also when you want it, and concentrate on it for a few moments each day.
4. Goals must be believable. If you don't believe you can achieve a goal, you won't pay the price for it. An effective goal is an exciting challenge. It must demand your best and a bit more, or it isn't going to change your ways, and elevate your lifestyle.
5. Don't set short-term goals for more than 90 days. If you set a short-term goal that takes more than 90 days, you may lose interest.
6. Maintain a balance between long-term and short-term goals. Long-term goals tend to be hidden in the future, so have some short-term goals — like clothes, cars, vacations — to keep your excitement up.
7. Include your loved ones in your goals. Involve them and they'll back you up when you need help and encouragement.
8. Set goals in all areas of your life. Have other goals besides career objectives.
9. Your goals must harmonize. Whenever you detect a conflict, set priorities that will eliminate the conflict.
10. Review your goals regularly. Remember, long-term goals can only be achieved if they are the culmination of short-term goals.

Reach into the future. The idea of goal-setting is to plan your life, rather than taking it as it comes. Begin by setting 20-year goals, then 10-year goals. Move on to 5-year, 30-month, 12-month, monthly, weekly, and finally, your goals for tomorrow, and each day of the coming week.

Have a set of goals for each day, and review the results every night.

Set activity goals, not production goals. Activity will lead to production by itself.

Start now. Give goal setting two hours of concentrated thought today. Then set aside 10 minutes each day, for the next 21 days to review and revise. After that, two minutes a day and one hour a week is all it will take to keep you on track.

Try this system if you want to achieve your goals and within 21 days you'll be well on your way to an immensely and richer future.

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