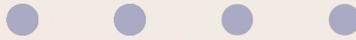




7 REASONS WHY PEOPLE DON'T SET & ACHIEVE GOALS



1

DREAMS ARE NOT GOALS

People believe that they already have goals, but mostly they are only wishes and fantasies. Goals should always be specific, tangible and measurable. Vague and inadequate goals tend to produce vague and inadequate results!



2

FAILURE TO VALUE THE POSITIVE IMPACT OF GOALS

Many people fail to appreciate the positive transformation that goals can achieve. They help you take control of your life and give you well-defined targets to hit. Without them you drive through life, unnecessarily in a fog, without clear sight of your future.



3

DOUBTING YOUR ABILITIES

Some people doubt their ability to achieve their goals because they do not believe that they are good enough. They live in fear being criticized and/or ridiculed and never reach their full potential. Instead, they resist and end up remaining in their safe comfort zone.



4

PLAYING SMALL

Goal-setting is a learnable skill and enables you to unlock your true and unlimited potential. Sadly some people fear outshining others around them and therefore don't aspire to achieve greater success in their lives. Heaven forbid that they may change for the better and leave others behind.



5

LOSING AT YOUR OWN GAME

People fear setting goals and then failing, and of what others might think. So, they decide not to set any at all. When you set the bar low - how can you lose? Sadly, when you don't have your own goals, you often end up working for those who do.



6

SETTING THE WRONG GOALS

Achieving a goal should bring you happiness and excitement. Sadly, some people waste valuable time achieving goals just to please other people, like their family members. This action is pointless because it ultimately leaves you feeling negative and let down.



7

LAZINESS SETS YOU UP TO FAIL

Albert Einstein once said – “nothing changes until something moves”. Goals is a master skill for success but requires you to, not only move, but to get up and go! If you don't have clear goals and the right energy, passion and commitment to see them through then you will end up going nowhere fast.

