
FRONT COVER:

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Forward

Chapter 1:
Mistakes, Personal Experience and
Strategies

Chapter 2:
Viper-The Foundation To Goal
Achievement

Chapter 3:
About Your Goals

Chapter 4:
Hints On Technique

Chapter 5:
Writing Self Affirmations

Chapter 6:
Stay Motivated

Chapter 7:
Base Your Goals On Your Values

Chapter 8:
Check Your Progress And Take Action

Wrapping Up

Foreword

What are a few of your greatest goals in life? To slim down? To take in more revenue? To be in your dream vocation? To assemble your own business? Would you love to live in abundance? To be in the best health? To find your life mate? To have a loving household? For any of these goals, have you ever experienced the resolve to accomplish it, commit resources toward it, work at it for an long time period, only to have it flop finally?

Suppose you've a goal to slim down and you decide to cast off 30 lbs. You begin great, cutting back the amount of food you consume. You likewise begin a workout regimen. Daily, you assess your weight to track your advancement. Inside the first few days, you begin realizing a decrease in your weight. Jubilant, you carry on what you've been doing, but it appears that your activities have lost their effectiveness as your weight loss has stopped. If anything, it appears to be increasing somewhat compared to your lowest weigh-in.

You get disheartened. You begin to free and overeat, reconciling that it's never possible for you to accomplish the goal as it's in your genes or you simply don't have the self-control. You start to lie to rest the whole whim of weight loss. Predictably, you begin to acquire back all the weight you shed and more. This makes you even more downhearted and you begin consuming still more. At some stage down the road, you get another urge to slim down. You start up the goal pursuit once more, more determined than ever. Nevertheless, past events duplicate themselves and soon you're back where you began, if not in a sorrier place.

Does this blueprint of behavior go for to any of the goals you've determined to achieve previously? Being intertwined in a ceaseless cycle of setting the goal and attempting to accomplish it, but never quite reaching it? At this point in time, you feel heartsick. You reconcile that you're not meant to accomplish this goal and choose to center your energy on something else... Well help is here.



Goal Planning Strategies That Truly Work

How To Reach Any Goal You Wish.

Chapter 1:

Mistakes, Personal Experience and Strategies

Synopsis

A lot of individuals are guilty of attempting to undertake their goals utilizing a series of trial and error approaches. They arbitrarily throw their energy out there with all their might on the few steps they acknowledge, believing that this will get them to their destination. They handle their goals in a hit-or-miss approach, and then hope that everything will turn for the better ultimately.

Although it might work in the short-term and on littler goals, it doesn't work with huge, long-run goals. For instance, you might get away with dropping off 5 lbs of weight by simply eating less and working out more, but to drop off additional weight and sustain that weight loss calls for proper strategy.



The Basics

A lot of individuals have this misconceived notion of goal accomplishment as they only come into contact with the events of others' goals. They're not tangled in all the thought-processes, intricacies and literal planning that went into the accomplishment of those goals.

Have a look at Olympians. They don't win their medals because they merely blindly train daily. There are a lot of things that happen behind the scenes, like training by the most beneficial coaches, suitable diets, self-help courses to put them in the correct mindset, studying the correct techniques, and so forth. Microsoft didn't get to where it is today because of luck. It was by conscious strategizing and preparation that allowed the company to carve its particular niche in the market.

I've set and chased a lot of different goals in my life. My universal approach toward goal accomplishment in the past was to merely center on the goal intently and do everything I could to accomplish it. The most I'd ever done in terms of preparation was to simply distinguish my end target and engaged an arbitrary length of time in my calendar to work at it. That was it. Beyond that, it was all about just trying to get there. After all, that was what I believed success in goal accomplishment came down to. A mixture of one's want of the goal and one's doggedness.

While I did that, I confronted deviating successes depending upon what the goals were. For goals like making great grades, they were accomplished as long as I maintained assignments. Additional goals

like bringing in more revenue, building my own business, and doing well in my previous job were all within my reach also, as long as I kept banging at them.

Nevertheless, there were particular goals I had trouble with. For instance, my dieting goal. I was never obese but I hoped to be slimmer. For the following 3 years, I noticed myself dropping time and energy attempting to hit the goal but bombing in the process.

I tried out all kinds of different diets. I attempted counting calories. I tried out different sorts of workouts, exercising daily, to not working out in the least. When I began on the goal, I'd come through in losing some weight in the beginning week. However, it never survived beyond that. After the beginning week, matters would go along status quo, and it was a matter of weeks before I'd go back to my previous eating habits, commonly eating more as well as I felt deprived.

It was absolutely puzzling and disappointing, as I couldn't understand how I'd get so much success with other goals, but not with a goal like slimming down.

Well, it wasn't because I didn't desire my goal enough. I unquestionably felt that I was as passionate about this goal as I was about other goals. I believed that perhaps I wasn't relentless enough about the goal. Nevertheless, if I wasn't, I wouldn't have expended years of my life working at it, would I? Something has to be wrong with the way I was attempting to reach the goal.

I finally got sick and tired of being on an emotional rollercoaster, questing after, and bombing repeatedly at this goal and beating myself up over it each time I bombed. I sat down to have a look at my

state of affairs and name how I might truly hit this goal. I began looking around for tips. I was working at my business daily. In my daily work, I was always presented with big business goals and I had to deliver. I considered how I'd handle those goals to finally conquer them. Then it hit me what I was missing – a suitable strategy to accomplish my goal.

A lot of big companies breathe and eat strategy. That led me to my fruition. To put it plainly – If strategizing has been guiding multi-billionaire businesses to success through the years, wouldn't it add up to practice it in my personal life also, to accomplish the same degree of success?

I began employing the precepts I discovered toward my weight loss goal. I established a vision, distinguished the roadblocks I was facing, discovered counteracting techniques, made particular plans, did a tracking sheet, etc. Inside the 1st week, I could tell matters were changed this time. I recognized, with a deep-rooted sense of certainty that I was going to win. Sure as shooting, a year afterwards, I had dropped off 20 lbs. It happened so easily that I questioned why I was fighting with this goal for so long originally.

Then I recognized as long as I utilize the same operative precepts and abide by the same formula, that I'd realize similar success as well. And that was what occurred when I employed it for all my goals from then on. All of a sudden, goal accomplishment became much simpler. The doubt that used to surround the success of my goal quests dried-up in the face of this newfound perceptivity. It felt astonishing, as it was like I had exposed a secret.

Although time and energy still have to be invested, the action of goal pursuit has twisted into a predictable science. I recognized as long as I abided by the same process in all my goals, I'd decidedly face certain success and triumph.

I've put down the fundamental elements of what I was doing so as to share it so you can get the same success too.



Chapter 2:

Viper-The Foundation To Goal Achievement

Synopsis

V-I-P-E-R is a 5-step model, which lists the five crucial steps for successful goal accomplishment. These five steps are:

- **V**isualize: Truly visualize the goal
- **I**mplement: Implement techniques to succeed in the goal
- **P**lanning: distinguish plan factors based on the techniques
- **E**xecution: Get moving on the plan and goal
- **R**ecap: evaluate the outcome and future steps

VIPER is actually a term that is used for several different things... snakes, cars airplanes...things with power. With VIPER, you'll discover that it gives you the might to crack even what appeared to be the most difficult goals in the past. Goals you never believed doable will begin coming within your reach, and in a matter of time, subdued. I personally utilize this framework to accomplish my long-run goals and it's worked marvels in achieving my goals.

Don't let the simpleness of the model fool you. While these five steps appear very easy by themselves, they're the core of successful goal achievements, particularly for big goals where the 'What' and 'How' toward accomplishing them becomes subtle. That being stated, VIPER isn't a miracle pill which omits the hard work to accomplish goals. VIPER isn't an elixir which lets you accomplish your goals without hoisting a finger. At the end of the day, you still need to put in the time and energy for your goals.

But with VIPER, you'll discover the goal accomplishment to be significantly simpler. Rather than success being a random, hit-or-miss event, it will become a predictable, securable outcome.

You'll begin seeing your goals come to fruition and wonder why you fought so long with them in the first place.



VIPER

You frequently see a lot of other self-help authors expounding different techniques to goal accomplishment. A few discuss how goal accomplishment is all about not shilly-shallying, being motivated, relentless, self-disciplined, 'just doing it', etc. At best, these can be fluffy, air-filled techniques for goals. While these tools are crucial to be sure, they don't provide you any insights as to 'what' precisely are the central steps required to accomplish your goals.

Doggedness and want may take you far, but they may only take you so far without a suitable strategy to hold everything united. You surely can't rely on doggedness and want alone to accomplish your big goals. A smarter, more integrated approach is required instead of simply haphazardly trying different things.

What is deficient is a holistic, single system that captures the key crucial steps for successful goal accomplishment. VIPER is an undivided, holistic model that covers all that's to be done in goal accomplishment, from beginning to end. It kickoffs with the visualization of your goal, to beyond your goal, where you recap what you've done and the lessons you are able to follow for the next time. It maps the cardinal steps you need to do for each goal you quest after, and guides you throughout the entire process.

Things to recognize about VIPER:

1. Good for any goal.

What goals are you going after? Getting a job you love? Slimming down? Increasing hits on your blog? Arranging your business? Bettering your health? Purchasing a new house? Constructing

stronger relationships? Regardless what goal you have, VIPER is wholly applicable and relevant. In brief, it may be utilized for literally any goal in the world. If we take the example of constructing a bridge, this is what we'll see with the model:

- Visualize: Truly visualize building the bridge
- Implement: implement techniques to build a bridge, like overcoming wind resistance, seeing to it the bridge can support its own weight, amidst others
- Planning: distinguish plan factors like bridge location , size of team, safeguards, precise sort and number of materials to use in construction, and so forth
- Execution: employed workers, secured construction materials, began actual construction of the bridge
- Recap: evaluated the final structure.

2. Every step is needed in the success of the goal.

They're separate parts of a system that make it whole. Attempting to omit any of the steps will endanger your chances and level of success.

3. The steps happen in sequence.

The steps happen in sequence – implying the first step needs to be complete prior to going to the second, etc. Therefore, every step ought to be specified as precisely as possible prior to moving to the next to preclude disruption and rework. Say for instance, you determine the goal for yourself to drop off 20 lbs. You arrive at a series of techniques and plans.

Nevertheless, as you begin dropping off the weight, you discover yourself feeling wore out, unhealthy and appearing weak. You recognize that you don't just want to lose 20 lbs of weight; you really

simply want to be fit. Since the cornerstone of the goal is different, this alters the steps, like an expanded focus on training, selecting healthy foods, rather than simply slimming down. The further you are in carrying out the goal and the larger the magnitude of alteration in the initial step, the harder it will be to re-script your plans to reflect the change. Therefore, it's crucial to be stringent with each step of the model.

4. Advancement through the steps represents your goal being evidenced in your mind to physical production.

As you begin with the beginning step, it's basically a creation in your brain. As you move through the steps, you're basically taking that virtual creation in your brain and giving it physical form and shape in our world.

5. Better fitted for medium to huge goals.

VIPER is a model for attaining your huge goals, which you've attempted to accomplish but haven't succeeded, or you feel are too overpowering for you. If you've little goals, which you're fairly confident about, it may be quicker and more effective to forge ahead and conquer them. Going through each of the five steps requires investing of time and effort, which may not pay off, with modest goals. The bigger the goal, the more essential the role VIPER.

6. Gets you ready for success in your goal.

Holding this orderly approach to goal accomplishment helps dramatically step-up your chances of success for 2 reasons: first of all, if there are Issues with accomplishing the goal, you are able to always review and discover exactly which stage the issue bobbed up, then fix it from there. Secondly, it sees to it that all bases are covered and you don't leave any stone unturned.

Chapter 3:

About Your Goals

Synopsis

In Visualize, you establish the goal that you're going to be questing after. Since you're reading this goal accomplishment book, you likely already have a goal in mind, which you wish to accomplish. Yet, visualizing your goal is more than simply naming a goal you wish to accomplish. There are numerous factors to consider to see to it that your vision is rich, precise, and above all, what you truly want.

Regrettably, rather than investing quality time on this step, a lot of individuals make the error of being hasty. They jump past suitable goal setting and straight into the preparation and carrying out. At the end of the day, they wind up doing a lot of backtracking and rework as they didn't set the goal the right way in the first place. A few of them really accomplish their goal, and then discover that they didn't want the goal anyway.



Get Your Goal In Order

Your time and energy are exceedingly precious, so it's better to invest a little portion of time to arrange the right goals. You don't wish to waste your efforts on ill set goals and wind up crying over spilled milk after discovering you've spent your time in vain. You don't want to be blowing time on goals you never truly wanted in the first place.

As you set your goal, you need to see to it that they stick to the precepts below. These are what will guide you to determine the correct goals so that you may go after them.

1. Guarantee congruency with your life purpose.

Your goals need to be specified in the context of your life purpose. Everything in your life should be in line with your purpose. Your purpose is the centering for everything in your life.

If your goals and your purpose are not congruent with each other, it either implies:

a) Your goals are not inline with what you very wish to accomplish. If so, review them to comprehend your fundamental motives for listing them

b) You've limited the definition of your purpose. If this is the case, attempt to build on the definition of your purpose.

Do you recognize what your purpose is? By distinguishing your purpose, you then have conclusive clarity on your direction and focus in life. The last thing you wish to do is to spend your whole life attempting to grow apples when you really wanted oranges.

2. See to it your goal is an 80/20 goal.

How much does this goal interest you? Is this goal a central goal in your life – put differently, an 80/20 goal? Your 80/20 goal refers to the Twenty percent of goals which when accomplished, will give you eighty percent of the collective happiness from accomplishing all your goals. What are these 20% goals, which truly interest you? These are what you ought to begin focusing on.

3. Comprehend your motives.

Have you ever had an experience where you chased a goal totally, only to discover you never truly required it? There are a few common symptoms, which come out when you don't really want a specific goal: like self-sabotaging yourself in your goal quest, missing interest during the goal accomplishment process, feeling empty after the goal has been accomplished.

As you determine your goal, be unclouded on your fundamental motives. Your goal ought to be something that you truly want, and not what other people want for you. How come you want this goal? Is it for you or for other people? What will you accomplish out of getting this goal? Being unclouded on your fundamental desires will drive you ahead in the times when you face obstructions.

If you discover yourself setting a goal, which isn't what you truly want but what other people want you to do, it's a sign that you're chasing after imposed purposes – purposes placed upon you by others around you. It's the opposite of freeing purposes – purposes that are live creations by you and your cognizance.

This preview copy ends here and to get the full product, please go to (the website URL) here to get the full product.