

Best Techniques to Hit Your Goals

"The journey of a thousand miles begins with one step." Lao Tzu

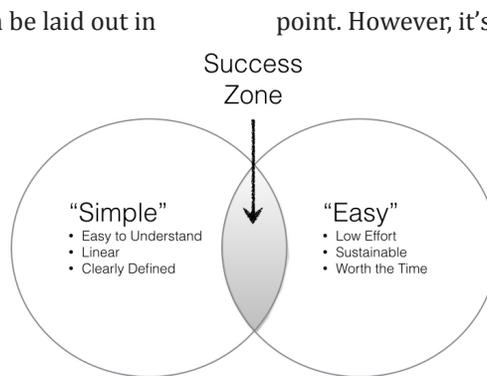
Doing what works

There is no shortage of ideas about how to achieve your goals. Do a Google search for "goal setting techniques" and your search engine will provide almost one-half billion in less than one-half second. Therefore, the problem is not finding solutions, it's finding effective simple **AND** easy methods to accomplish what you want.

Simple vs. Easy

"Simple" means easy to understand. It can be laid out in a straightforward manner which immediately makes sense. "Easy" implies that the process can be implemented without much effort.

The two are not the same; for example, weight loss is extremely simple: Shut your mouth and move your feet. See? It makes sense. You get it. It's to the



point. However, it's not "easy," because it takes a great deal of effort to rearrange your life, find new ways to deal with stress, carve out time to be active, track what you eat and feel, and - in general - change your view of how you relate to food, celebrations, and family.

This month, we will go over a few techniques that are both simple **AND** easy.

THREE SIMPLE & EASY TECHNIQUES TO GET BACK IN CONTROL

I. Wait 5 Minutes

When temptation raises its head, whether it's suggesting you do something that will set you back - or not do a behavior that you know will help you stay on track - the urge to give up on your goals can feel overwhelming.

What we don't realize is that the emotion that's

triggering that urge is transient.

Giving it a few minutes before deciding what to do will - most of the time - give the urge some time to dissipate and you'll usually make the correct decision.

Change the environment

Coupled with waiting five minutes, get out of the environment you're in. Something about where you are right now is part of what's triggering you to revert to old behaviors.

If you change where you are - even if it's only a minor change - the urge will diminish, maybe even vanish.

Shrink the goal

It's hard to stay motivated long-term. Moods and events in our lives can cause our desire to ebb and flow. There will be times when we feel that nothing will stop us.

There are "those other times" however, when we deeply doubt. It's hard to stay on track when the road ahead seems rocky and long. In those times, focus on making your goal smaller. Instead of 50 pounds, make it 20, or ten, or even one.

It's not "giving up," it's "getting moving."



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FROM "WHAT IF..." TO "WHAT NEXT..."

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