

*“The keys to achieving your dreams & goals.”*

# **7 Keys to Goal Setting Success!**

– By Rod Moore

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*“In life you either follow your own dreams and goals or you wind up working for someone else’s. Start to live your life by design rather than chance or circumstance!”*

By Rod Moore

# About Rod Moore



Rod Moore is the founder of Life Design Systems, a company dedicated to the development of human potential. Life Design Systems specialize in teaching people to live their life by design rather than living by chance or circumstance.

Having a long-term interest in personal development Rod has read hundreds of books, attended many seminars and listened to hours of personal development material. He created the 'Goals Magic System', which is used by more than 5,000 people globally as a tool for effective goal setting. He is the author of the e-Book '47 Keys to Unleashing the Magic in Goals!'.

Rod is a goal setting coach, author and professional speaker on the topic of goal setting. Through Life Design Systems he conducts his popular ½ day workshop 'Creating a Compelling Future' which takes you through a step-by-step interactive goal setting process.

To find out more about Life Design Systems visit the web site today at:

<http://www.LifeDesignSystems.com.au>

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# Introduction

Goal setting is an essential skill that everyone needs to have. Very few people however take the time to think about their goals for the future. Those that live their life by design experience greater success, fulfillment, happiness and joy. There is a magic in goal setting that is unleashed when you start to live your life with a sense of purpose guided by a well-planned future.

In studying highly successful people and their goal setting techniques, I have found that there are 47 keys to goal setting. All of them are important to the process of living your life by design. In this special report we are going to look at 7 of the critical keys to goal setting success.

You will discover that goal setting is a skill and a discipline, which probably explains why only a few people ever experience the success in life they deserve. The good news is you can master this skill, and with just a little discipline, you can elevate yourself to live a life of your own choosing. You can follow your dreams in life!

I would urge you to commit yourself to becoming a skilful goal setter. Someone who designs their life, then lives the life of their own design. Come to one of our goal setting workshops where we will teach you the skills of goal setting. Your life will never be the same once you begin to live by design!

I wish you great success and happiness in life. May you follow your own dreams and goals.

Regards

**Rod Moore**

**Founder of Life Design Systems**

# 7 Keys to Goal Setting Success!

## 1

### Clarity is Critical

Developing absolute clarity around what you want in life is critical. Successful people know what they want from the future. Because they have such uncommon clarity they are able to develop an intensity of focus that propels them towards their goals.

Those lacking in clearly defined goals tend to drift through life caught up in the current. Current affairs, current circumstances, current challenges affect the goals they pursue. A lack of clarity in life leads to vague fuzzy notions about the future. The result is often potential unfulfilled.

Imagine you are at a restaurant and the waitress takes your order. You decide after much deliberation that you would like to have a steak with vegetables. As the waitress goes off to place your order in the kitchen you change your mind and call her back over. This time you decide to order soup of the day instead and off the waitress goes. Five minutes later someone next to you is eating pasta and again you change your mind thinking the pasta looks great. So again you call over the waitress.

Think what would happen if you changed your mind four or five times. Chances are good you would never get to eat.

This is unfortunately how many people live their lives, constantly fluctuating from one choice to another without deciding what they want. Unclear about what they want in life they delay the realization of their own potential for greatness.

**Clarity is critical! Being absolutely clear on what you want from the future is an essential key to your success in life.**

Highly successful men and women, people of great genius, Olympians and other elite sports people, and those who amass fortunes do so by being clear about what they want. You can join them through the progressive development of your own clarity.

How do you develop such clarity? If you do not have clear goals for what you want to be, do and have in the future then clearly this must become your goal. Spend time really thinking about what you want your future to be like. Learn to activate your dream machine by taking the handbrake of your imagination. Develop a vision of your better future.

**Clarity is critical! Remember ... the clearer your goals are the greater the chance of you achieving them.**

## 2

# Universe Conspires with Specificity

When writing down your goals its vital that you state them in specific terms. The universe conspires with those who are specific in what they want. When you specifically state your goal you activate numerous mental and universal laws to act in your favor greatly improving your chances for success.

In coaching people to achieve their goals I find that most people do not specifically define what it is they want. It is a common thread amongst people who have goals but fail to manifest them. All too often people state their goals in vague or general terms.

Goals such as a new car, or to do better in my career, lose a little weight and earn more money are noble indeed but lack any potency due to their lack of specificity.

A friend once told me his goal was to make more money. I handed him a dollar and congratulated him on achieving his goal. Now I know that's not what he meant but that is how life is. In life you invariably get what you ask for so make sure you are specific about it.

When Hollywood funny man Jim Carey was broke and living in his car he was specific about his goals. He wrote out a cheque to himself for \$7 million dollars. How is that for a specific goal? Shortly thereafter he was awarded the leading role in the Pet Detective and was paid exactly \$7 million.

**The universe rewards those who are specific about what they want.**

Instead of setting a goal of ...

*'I want to lose some weight'*

State it more specifically such as ...

*'I am at my ideal weight of 85kg having lost 15kg of body fat through healthy eating and regular exercise. I now look and feel great'*

By stating your goals in a specific manner you begin to instruct your subconscious mind to produce this exact result. Specific goals give you a target to shoot for, that are clearly defined.

# 3

## Overestimate / Underestimate

According to Tony Robbins, most people tend to overestimate what they can achieve in one year and dramatically underestimate what they might achieve in five years. In doing so they set themselves up for failure, and rob themselves of the chance to take giant steps towards success. Don't let this be you!

When people are first exposed to goal setting they are naturally excited about the possibilities for their future. So they should be. They go about the task of dreaming almighty goals, which is excellent. Where they often come unstuck is being unrealistic about the time frames they can achieve their goals in.

I often come across people who wish to become a millionaire within a year. What a fantastic goal to have .... As long as you are starting out with a solid equity base to leverage off, a business vehicle that provides you with substantial cash flow, the skills to conduct due diligence and make intelligent investment decisions, and a trusted team of advisors. If all of that is in place then certainly you are well positioned to become a millionaire within a year.

On the other hand, if you are starting out like I was when I first began setting goals, then its possible you may be just setting yourself up for failure. If you are currently broke, unemployed, poor at managing money, lacking in energy & motivation, and have no financial intelligence. Well it may take a little longer than a year.

Now don't get me wrong! I'm not saying it can't be done. What I am suggesting is that it is more realistic to establish such grand plans over five years. In doing so you give yourself every chance of success.

Most of us would be better advised to set a goal such as to increase our net worth by \$100,000 in one year, and by a \$1 million over five years. By establishing believable stepping-stones we lay out a path to the achievement of our own greatness.

Achieving anything worthwhile takes time and the passing through of various stages. A baby must learn to crawl first before taking baby steps. Baby steps invariably lead to walking and in turn the ability to run. So it is with any grand goal you may pursue.

Give careful consideration to what you can achieve in the next year, and avoid the temptation to overestimate your goals. Set yourself up for success by establishing all mighty goals for the next five years with achievable stepping-stones along the way.

## 4

# Committed in Writing

Everyone has goals! For some people there goals are

*'If I can just make it through one more lousy day!'*

... Others lead more inspired lives. Those rare individuals who live successful, healthy, prosperous lives filled with quality relationships, joy, love and happiness do so as a result of having committed their goals in writing. They are the top 3% and you can join them by committing your goals to writing.

In 1962, the leaving year at Yale University was asked if they had written goals for their lives. Only 3% of students that year had taken the time to document and plan a design for their lives with written goals. Twenty years

later these 3% of students with written goals had accumulated more wealth than the other 97% combined.

**Goals committed in writing unleash an awesome force.**

You may have goals, but unless they are committed in writing they lack any real power to mold and shape the future. When your goals are not written they are merely wishes.

When you begin the process of writing down your goals and committing them to paper, you start the process of programming them into your subconscious mind. The very fact that you are committed to the design of your better future commands your subconscious mind to begin immediately working on manifesting your desires.

**Goals committed in writing elevate you to a higher plane of consciousness.**

Let me tell you about Ted Leonsis. In 1983 Ted had a near death experience when the airplane he was traveling in crashed. In that split second of life and death uncertainty, Ted promised that if he lived he would play offensive for the rest of his life.

Well Ted did live and shortly there after wrote down a list of 101 major life goals, Ted dreamt big and wrote down some amazing goals such as 'to become a billionaire' and .....

Within 18 years Ted Leonsis has achieved 71 of his 101 major life goals. As a result he has lead an amazing life that has surpassed anything he could have dreamt off prior to the accident. His life has been elevated through the process of writing down on paper his goals. It all started with a willingness to create a design for his better future in writing. With his goals committed in writing, Ted unleashed the awesome power of goal setting on a grand scale.

What could you achieve in your lifetime if you would only take a pen and paper and begin crafting the design of a better future?

Commit your goals in writing and allow the pull of a well-designed future to raise you to a new level of success, prosperity, health, peace, happiness, joy and love.

## 5

# Goal Setting is a Skill and a Discipline

Goal setting is a skill and a discipline that can be learnt and developed. For some strange reason we don't teach the skills of goal setting in our schools. We send our young adults out into the world lacking in what is quite possibly the foundational skill for achieving what you want in life. So the responsibility for mastering the skill of goal setting and achieving rests solely with you.

The fact that you are reading this book indicates that you are at least curious about the skills of goal setting. This desire you have to get more out of life separates you from the weary masses who struggle through a life often not of their own choosing.

To really benefit from goal setting you need to spend time practising and refining your approach. It is a skill to be acquired and developed over time through discipline of practice. I can't tell you the number of times I have had people tell me 'I've tried goal setting once before and it didn't work!' It's a little like playing one game of golf and assuming for the rest of your life that you are no good at it.

Any skill worth acquiring takes time. It takes practice and the discipline to keep at it until you master it. You need to read every book on goal setting, listen to audio programs, and attend goal-setting seminars.

**Join the 3% by mastering the skill of goal setting.**

Once you have disciplined yourself to master the skills of goal setting and achieving the universe opens its doors of abundance to you. All the success, health, wealth, and happiness you can design into your life can be manifested and enjoyed in your reality.

Decide today that you are going to master the skill of goal setting.

## 6

# Your WHY is more important than HOW

Once you have a written goal the key component to successfully achieving it is your reasons why. Why do you want to make a million dollars, lose the excess weight, or start that business? Do you have powerful reasons that drive you forward? Do your reasons why keep you up late at night and drive you out of bed early each morning?

Why you want to achieve your goal is far more important than how you will achieve them. The more reasons you have for achieving a goal, the more internal drive and motivation you will be able to muster. Powerful reasons why empower us to endure the obstacles and setbacks along the way.

**Your reasons why are the driving force of goal achievement!**

People, who set goals and then fail to act on them, or fail to achieve them, usually have poor or vague reasons why they want to achieve the goal. In my coaching programs I find that one of the key reasons people fail to act on their goals or quit too soon on them, is that they do not have powerful enough reasons for achieving them.

So let's consider you and your goal for a moment. Do you have powerful enough reasons why? Can you list at least ten reasons why you must achieve this goal? Do these reasons inspire you and drive you forward into action? If you are unable to create a list of reasons why then it is possible you may not really want the goal?

Look at all of your goals and assess whether or not you have compelling reasons for their achievement or not. Work on building your why list for each goal by really thinking through what it will mean to achieve each goal.

The larger your goal, the larger your potential for facing daunting obstacles, and the larger your potential for failure. Huge goals demand that you have huge reasons why. If you have a goal to become a millionaire then you will need a list of 100 or more reasons for it. What will you do with the money, where will you visit, who will you help? Why do you want to be wealthy?

Most people when setting goals wonder how they will achieve it, and give little consideration to why they want to achieve it. Once you are fully associated with powerful compelling reasons the how will be revealed to you.

# 7

## You don't need to know HOW to begin

Once you have set a goal begin taking immediate action towards its achievement. Don't wait until you know how exactly you will achieve your goal. Just begin to act and develop momentum taking what you believe are the best steps forward at the time.

Let me ask you a question ....'When you get in your car to go across town, do you wait until all of the traffic lights are green simultaneously before taking off?' Of course you don't. So why do you wait to act on your other goals?

When I discuss with people the need to act immediately on their goals they often comment 'But I don't know what to do to achieve my goals, I don't know how to start...'. Imagine for a moment I had a gun at your head and gave you three seconds to come up with two things you could act on right now to move you closer to your goals ... could you come up with them? Of course you could .... so what would those two action steps be? Stop and put this book down until you have come up with at least two things you can do immediately to move towards your goal. Now go and do them!

Now what if you complete those two action steps and it doesn't work, you are no closer to your goals? So What! At least you have tried and found two ways that do not work. Now you have an opportunity to refine your approach.

What if Thomas Edison hadn't made a start on inventing the electric light bulb because he didn't know how to make it work? We would still be groping around in the dark, right. It took Edison 10,000 failed attempts trying to figure out how. He must have had compelling reasons why as he refused to quit,

refined his approach and eventually the how to light the world was revealed to him.

It's no different for you and your goals! You don't need to know how to achieve your goal before beginning on it. Take action today and get after your goals!