

Your Goals Matter

Enjoy the Present
Tomorrow is a Mystery
Yesterday is History

Salma Zhaid

*dreams
don't work
unless
you do*

John C. Maxwell

Set Your Goals

Intentions and
Planning Ahead
to Achieving the
Best of You!

Steps from Clueless
to Conscious Goal
Setting

Set yourself goals,
These should meet the requirements
that are set by the S.M.A.R.T method:

Specific- Exactly what you want

Measurable- How long will it take?

Achievable- Are you reaching for the stars,
before you know how to operate a Rocket!

Realistic- Consider surroundings and What

Time- Give yourself time enough to achieve;
you won't achieve a 6 month course in a
week!

*Use ways to find out what you really want.
Focus on the Goals set by a clear and concise
mind.*

Decluttering the Mind, will



Can you Free Yourself of Society's Pressures and Old Limiting Beliefs

Some Journal Prompts:

- *What's holding you back?*
- *Whose voice are you hearing constantly....Telling you that you can't achieve?*
- *What phrases can help me?*

I remember one, my Manager once said,
you're not meant to get it..(the job)
Even though I half believed her;

*I Applied anyway and got the job;
Alhamdulillah*

Some Ways of Releasing the Inner Being:

*Build your intentions and write down any Creative
Thoughts:*

*You will notice that when intended, the goals
achieved, seem so much more meaningful.*

*Intentions when set; create the Whys and purpose
behind your actions. Your actions then become a
belief within that can help achieve a sense of
achievement, that holds a high value.*

*Your thoughts are powerful, you're able to achieve
whatever you tell yourself you can:*

Remember:

Whether you tell yourself

You Can or You Can't

You're Right

*You're able to create a world around you that brings
you to account and will serve you as long as you're
willing to do the work.*

*Yes: it won't come walking, your outcome will
depend on your input. You are the most important
person in your*

We are all here for a purpose and that lies within.

When we make the intention to Achieve our Goals, we will do things differently.

Planning ahead; puts you in a position of being ready or at least in anticipation of what boundaries and barriers you could face.

Build on your own knowledge and Learn what you need to know, to become what you want.

Believe that you can achieve it, write down and tick off what you have already achieved.

Plan the next stage and consider, how long it will take.

Be realistic and mindful about any barriers or boundaries you may face. A life coach or careers advisor will be able to help in this.

If you look with enough focus and passion, you may find that the problems you are facing are coming from within, then do get the help you need, so these issues can be acknowledged.

You'll find that when you live inside your head, you will lack the confidence to come out and fight the demons.

The naysayers and dream killers will always be able to put you off from achieving the best version of you; no matter how much talent you have.

The skills you hold naturally will have to hold an extra layer of self esteem, self belief and a level of hope and alignment that outgrows the self doubt and the inner negative voices.

What Type of Support to Seek...

Whether its a Business advisor, a family member or a friend with experience in the industry and Life.

Therapy, or counselling , you will be accountable for any tasks set. These will determine the level of success towards your journey.

Your emotions play a big part in the outcome of goals, the way you speak to and about yourself will determine the path you take and

Be Aware that these steps require you to stay accountable and keep on top of your daily actions to make sure that the focus and clarity is being maintained.

What are Psychological Barriers?

As mentioned before, the language used while on the journey of achieving the best version of You, is of utmost importance

The determination to achieve that goal is dependent on how much you believe that you'll achieve it.

Are there any Limiting Beliefs that stop you from achieving your Full Potential?

Do You Care about what others' think?

I am Not Good Enough??

(Well neither was I.... Or was I?)

This and more can be tackled when Acknowledged and seen as just a Barrier, rather than be All End All.

Know that you'll achieve, Before you Achieve It !!