

Power Choice #4 – Goals

Are **you** interested in consistently meeting **your** goals?
Do **you** have a system to overcome life's obstacles?
Do **you** have a process in place to achieve **your** goals?

Interested?
Please read on!

Imagine you have a resource that assists you to create consistent **goals** for **sustained success** and access a path that helps you to leverage your untapped potential!

- Think what it would mean to **YOU** if you set specific targets and **hit** them regularly!
- Think what it would mean to **YOU** to proactively identify obstacles and challenges that get in the way of your goals!
- Think what it would mean to **YOU** if goals achievement became a way of life, rather than "hit or miss"!

Following established goals' system and helping you build your capacity to achieve **YOUR** goals is our passion. To **discover** those goals that will help you take life-changing actions that lead to a focused purpose, improved health, financial independence, social responsiveness, enhanced ethical behaviors, expanded mental capabilities, amazing career performance and nurturing family relationships.

**If you want a happy life,
tie it to a goal, not to
people or things.**

Albert Einstein

We invite you our websites
(see below) to subscribe
to **Power Choices®**
and we hope that you
choose a goal-filled,
positive life!

A Useful Read!

Success for Dummies

By
Zig Ziglar



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Own the Goal!

Laura R. Novakowski

“... it's who you become, as you overcome the obstacles necessary to achieve your goals, that can give you the deepest and most long-lasting sense of fulfillment.”
Anthony Robbins

Have you every tried hitting a target blindfolded? Well, that is exactly what we do when we are not clear on **our** goals.

The best way to hit **our** targets is to **own the goal**. The following are some strategies that will help make your goal big enough and important enough to ensure that you obtain your desired prize:

- **Visualize** – Obtain a clear mental picture of exactly what you want – the career, the car, the house, the weight, the life! In your mind's eye, see the building, the people, the décor. Infuse **yourself** in the picture. Make the image positive, powerful, vivid and pleasant.
- **Write** - Commit on paper a clear definition - this is the time to expand on the goal. Scribble away with all the aspects - if it's a car the fabric, make, model. If it's a house, describe the rooms, the walls, furniture, the dishes...
- **Paint (or cut)** - Create pictures, draw if you're artistic. If you're not, cut out pictures from magazines and place them prominently in your view - bathroom mirror, next to your desk, on the refrigerator. This is great if you want to achieve a particular weight or physical goal!
- **Feel** – Add passion to those dreams. Get excited and put energy behind your thoughts. Combine with visualizing, use the image to inspire you when the going get tough and you think you might have to give up.
- **Commit** – Give yourself short-term and long-term goals to stay on target. As with hitting any target, you must take the little steps, fall down, go around, go over and, yes, sometimes even go through.

But most of all,

- **Believe** - know in your heart of hearts that this is what you really want. Know that it is what you deserve. Know that this is what you have earned.

When you see the goal, print it on the walls of your mind, your heart, your soul! When you **own the goal**, you will make the impossible, possible!

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The Gap Closer

Leanne Hoagland-Smith

"A goal is a dream with a deadline."
Napoleon Hill

Pick up any company's strategic plan, a school's annual yearly progress (AYP) or even a self-improvement book and the chances are the **"GOAL"** word is mentioned at least once or twice. Yet, for most individuals, *goal training* has never been part of their educational experience even though achieving goals is critical to the success of any individual and consequently any organization.

To better understand the importance of consistent goal setting and goal achievement requires us to look at the overall performance within the individual. Successful individuals and businesses leverage 3 basic dynamics of performance better than not so successful ones. These performance dynamics are Planning, Execution and Measurement. The gaps between each dynamic are processes: Leadership, Goal Achievement and Quality. (See diagram at bottom of this page.)

Goals close the cap between execution and measurement. Many individuals have plans and yet the execution fails because there were no written supporting goals to ensure that measurable results were achieved. And even if the goals did exist, the individuals responsible for delivering those goals probably were not trained in how to consistently achieve goals. For consistent goal achievement requires a process supported by proven tools that allows for continual review especially in today's rapidly changing world.

If you are thinking "I know this already" (IKTA) and you still are not closing your gaps, then possibly your goal achievement process needs to be reviewed. What I have learned is that most goal achievement fails because the current process does not consider several factors. One of those factors is the "What's In It For Me" (WIFFM). Most goals are written with action steps immediately following. Assumptions (and we all know about the power of assumptions) now exist that there is a buy in from the individual. Unfortunately, it doesn't work that way.

People need to build their own emotional buy-in for goal achievement or simply stated:

- Why is it important for me to achieve the goal?
- What happens if I fail to achieve the goal?

Consistent goal achievement is a skill that can be developed and strengthened. When you improve your goal achievement process, you will close the gap between execution and measurement and achieve those results that you truly desire for yourself and your business.

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On a scale of 1 to 10, with 10 being **extraordinary**, score your **goals achievement capacity** in the following:

How is my **goals achievement capacity** for focusing on my life's purpose? ____

How is my **goal achievement capacity** for achieving balanced physical health and well-being? ____

How is my **goal achievement capacity** for dynamic mental growth and development? ____

How is my **goals achievement capacity** for building strong a family and friendships? ____

How is my **goals achievement capacity** for building a better community? ____

How is my **goals achievement capacity** for developing my financial growth potential? ____

How is my **goal achievement capacity** creating a successful career, profession or business? ____

How is my goals achievement capacity for showing and sharing my ethics and values? ____

How is my **goals achievement capacity** for change? ____

Evaluating **your goal achievement capacity** will help you to clarify what is important and continue to set the stage for an exciting year. The next step is to start a **Power Choice**© goal achievement system in an area that will help you to achieve an **extraordinary goal**.

If **you** want to discover some exciting tools and techniques to enhance your **goals achievement capacity** for success and help you to **double your performance** in the next 6 months please call:

"Many are stubborn in pursuit of the path they have chosen, few in pursuit of the goal."
Nietzsche



"A goal without a plan is a wish."
Larry Elder

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