

# **How to set successful goals**

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# 1. Why set goals?

If you have ever felt bored with your life, it is time for you to set some goals. Every day when you wake up you should feel motivated and empowered to do and achieve great things. Goal setting will help you to achieve that. **Setting goals can also help you discover your strengths and talents, learn new skills and knowledge, create meaning and purpose in your life, and experience more joy, happiness, and fulfillment in life.**

If you have trouble coming up with goals, the following questions can help you to get started.

## **Personal goals**

Do you want to quit smoking?

Do you want to quit drinking alcohol?

Do you want to eat healthier foods?

Do you want to exercise more?

Do you want to be more organized?

Do you want to have more free time?

Do you want to develop a new skill?

Do you want to watch less television?

Do you want to return to school?

Do you want to write a book?

Do you want to improve your relationship with your spouse, family members, or friends?

Do you want to spend more time or take more vacation with your family and friends?

## **Career Goals**

Do you want to find a more interesting or challenging job?

Do you want to start your own company?

Do you want to get more clients?

## **Public goals**

Do you want to give more back to your community or society?

Do you want to volunteer?

**Basically, anything that you want to do or achieve in life can be turned into a goal.**

## **2. The benefits of goal setting**

**First, setting goals helps you grow, especially goals that require you to learn new knowledge or skills or get out of your comfort zone.**

**Second, setting goals helps you understand more about yourself.** When you take the action steps to fulfill

your goals, you will discover where your interests, strengths and talents are based on how easy or difficult it is for you to accomplish certain action steps. Sometimes, you may discover skills that you did not realize you have. The more you understand about yourself, the better you will be able to set goals that align with who you are and what makes you feel happy and fulfilled.

**Third, goal setting helps you to look at and approach life with new eyes because you are doing something that you have never done before.**

### **3. Make your life count**

We have often heard that it is not the years that count, but the qualities and effort we put into our years. For example, you can live a long life, but if those years are not



meaningful or fulfilling you might think that you have wasted your life. However, you could live a short life that is filled with meaning, joy, purpose, fulfillment, and happiness; and although it was short, it was meaningful.

The main reason why many people are afraid of death is that they have not lived the life they desired life, or there are things they haven't done or accomplished yet. When you think that you haven't lived the life you were meant to live, you are more likely to be afraid of dying.

**In this case, make sure you take action to fulfill your goals and dreams as soon as possible.** It does not matter how old you are—go ahead! Start fulfilling your goals and dreams. Even if you might not be able to accomplish all of your goals or dreams, or live the life you want by the time you pass away, **you will still feel better about your life when you have had the courage to go**

**after your goals and dreams rather than not trying at all.**

#### **4. Be clear on what you want**

**Sometimes your goal has more than one purpose.**

For example, if your goal is to reduce your weight, your purpose for weight loss could be to look more attractive or to become a healthier person. Even though those two goals correlate with each other at some level, they can have different action steps depend on your goal purpose.

For example, if your goal is to lose weight to become a healthier person, but you might try to lose weight through starvation. However, starvation would not improve your health because it causes muscle loss. In this case, when you starve yourself, you focus more on weight loss and are not trying to become a healthier person. To become

a healthier person you would need to apply healthy habits, such as eating more nutritious food and eating less food with a high fat and sugar content. The good thing is that if you began to eat healthier foods and decrease your consumption of less healthy foods it would help you to lose weight in addition to making you healthier.

**Whatever your goal is, make sure that you are clear about the end result you want to achieve. Then set realistic action steps that will help you to achieve your goal.**

## **5. Set goal correctly**

There are wrong ways and right ways to set goals. If you set goals correctly, they will motivate and inspire you to take your action steps quicker compared to when you set

your goals incorrectly. **Setting goals correctly helps your mind know exactly what kind of knowledge and skills you need to achieve your goals.**

If you have set goals before but were not motivated and inspired by them, you might not have set your goals correctly. **Before you decide to quit on your goals, check to see if you have set your goal statement clearly and specifically.** Did you have the right purpose for your goal? Are your action steps realistic and achievable?

See if your goals need adjustment, and if so, refine them accordingly. Even if you have a small hiccup in your goal, it could prevent or slow you down from achieving your goals.

## 6. Set immediate goals

Immediate goals are goals you will achieve within three to six months. **They are easier to achieve and will give you the confidence and motivation to accomplish your short and long-term goals.** For example, sometimes short and long-term goals could make you feel frustrated because they may have longer and harder steps to accomplish. You will need more confidence and motivation to keep pushing yourself forward, and achieving your immediate goals can help to prepare you for you that.

## 7. Short and long-term goals

Short term goals are meant to be achieved within one year. Long-term goals will take more than one year. **Short and long-term goals will help you to stretch and**

**grow.** Short and long-term goals require more skill, knowledge and persistence, which mean you will gain more courage and inner strength as you take action steps to work to accomplish them.

If you feel that your short or long-term goals are too much, you can also develop immediate goals within your short and long-term goals to help you stay motivated. For example, if you want to write your own book but you have too many other things to do, you can make a separate goal for each task. By setting smaller goals within a big goal, it will also help to build your self-confidence and motivation.

**In life, goals are easier to accomplish when you break them down to smaller goals.**

## 8. Goals for all life areas

Make sure you develop goals for all areas of your life, including but not limited to your career, health, personal and relationships. **Many life areas need attention to help you achieve maximum happiness.**

**The great thing about having a wide variety of goals is that each goal will motivate you and inspire you to achieve your other goals.** Also, when you have different types of goals you are less likely to get bored because you are not focusing on the same goal all the time.

To help you get started, write down at least five different goals. For example, you could set a goal to exercise to improve your health, to eat more vegetables or fruits, or to drink more water. In your career area, you could set a goal to get a promotion or learn a new skill that

would improve your career opportunities or to help you find another job. There are many things that you can set goals for.

## **9. Goal setting is a lifestyle**

It does not matter where you are in life, there will always be something you can improve on or achieve, which means it can be turned into a goal. **Goal setting should always be a part of your lifestyle.**

**As long as you are alive, you may have the desire to achieve things, and the best tool to help you fulfill that human need is setting goals.**

**Remember, anything can be turned into a goal.** If you want to improve something, set a goal to do that. If you



want to try something new, set a goal to try it. If you want to eliminate a habit, set a goal to get rid of it. If you want to develop a positive habit, set a goal to develop it. If you want to increase your self-esteem or happiness, set a goal for that too. There are an unlimited number of things that you can set goals to accomplish.

## **10. Set goals that motivate and inspire you**

**Goals that motivate and inspire you will help to push you forward when you hit a roadblock or setback.**

They will help you to keep striving when you need that extra push to move forward. When you reinforce these goals, they help fuel you with energy, motivation and inspiration. When you take steps to get closer to fulfilling these goals you will experience great happiness.

If you do not have goals that motivate and inspire you, it is time to develop some. **Each day when you wake up, you should feel excited about taking action to achieve your goals and to live your life.**

One way to help you set goals that motivate and inspire you is to pay attention to things that you are passionate about, things that you want to do to make a difference in yourself, your family, community, society, and the world. You can find examples from other people's lives that will inspire you. Or there may be things that you really care about or you may want to help others.

Do not doubt yourself. Give yourself permission to pursue and achieve your goals. Take a chance and work to make a difference!

## 11. Set specific goal statements

### **Be as specific as possible with your goal**

**statement.** This will help your brain to clearly understand you want to accomplish. For example, if your goal is to buy a red car, and your goal statement says, “I want a red car,” then it will be difficult for your mind to find the red car for you because there are thousands of red cars available. Your mind does not know which red car you want.

However, if you have a more specific goal statement such as, “I want a red Toyota Corolla SE with four doors, a sun roof and leather seats,” your mind knows exactly what you want and it will work harder to make sure you get it. The brain does a good job of getting what you want, but you have to make it easy and clear for your brain to see it.

## Write in the present tense

**Write your goal statement in the present tense as if you already achieved your goal.** When you write your goal in the present tense, you are telling your mind that you have already achieved the goal, which means your mind will work harder to catch up with that statement. For example, instead of saying “I will own a red Toyota Corolla SE with four doors, a sun roof and leather seats,” write your goal statement as, “I own a red Toyota Corolla SE with four doors, a sun roof and leather seats.” Compared to the first goal statement, the second statement take outs the word “will.”

## 12. Set a specific date for your goal

**Write down the exact day, month, year, and time you want to accomplish your goal.** Remember, your minds like goals to be as specific as possible. This helps your mind to figure out exactly what to do and when to do it.

Even though you might not accomplish your goal on the target date, because life is not perfect, your brain will work harder and faster when it knows the specific date and time you want to achieve your goal compared to when you do not have them. For example, let's say you set your target date for achieving your goal on December 31, 2019 at 12pm. Even though you might not achieve your goal on that specific date, your mind would work harder to accomplish your goal as soon as possible. With a target date and time, you might reach your goals on January 31, 2020. Without the target date and time, your brain would

work slower and reach your goal in July 31, 2020 instead. Sometimes you can even reach your goal before the target date and time when you set target for it.

**The main purpose of setting the target date and time is to push your brain to work faster and harder, and not to procrastinate.**

### **13. What is your goal purpose?**

It is important to discover and know the reason why you want to accomplish your goals. **No one can have great achievements without a steady sense of purpose.**

Everyone could have the same goal, but each of us will have a different reason for doing it.

To help you understand the reasons for your goals, think about how your goals will improve your life. For

example, even though eating fruits and vegetables will improve or maintain your good health, the most important question is “Why do you need good health?” What are the qualities of good health that you want or need in your life? Good health has many benefits, such as energy, strength, focus, and concentration. What is your reason?

Ask yourself, “What or how will your life change if you are able to accomplish your goals?” For example, if you say that your goals will increase your happiness, what things will change in your life that will make you a happier person? Most importantly, do you know what happiness is? You cannot just say you will become a happier person because that is not specific enough for your mind.

**When you have a clear reason for your goal, it will motivate and empower you to take action to achieve your goal.**

## 14. Action steps for your goals

There are six questions that will help to determine the action steps to take to achieve your goals. These are the daily steps you will take to reach your goals. **Make sure that your action steps are as specific as possible.**

When you go through the list of questions below, be realistic. Make sure that your action steps fit in with your current lifestyle and do not just put down anything. Make sure you can invest the time it will take to actually do your steps. **If your steps are not achievable, it will be very difficult for you to accomplish your goals.**



1. **“What?”** What are you going to do?

2. **“When?”** When are you going to do your “what?” Write down the exact date, day, and time when you are going to do your action step.

3. **“How often?”** How often do you need to do your action step? Do you want to do the action based on a daily, weekly, monthly, or yearly plan? For example, if you plan to exercise on a weekly schedule, how often are you going to exercise each week? Another way to describe this is frequency, the number of times you are going to do the action.

4. **“How much?”** How much time do you need to spend doing your action step? “How much” can also referred to as duration. For example, when you exercise, how long will you exercise for? Is it for 30 or 60 minutes?

**5. “How confident are you?”** On a scale from 1 to 10, 1 being the lowest and 10 being the highest, how confident are you that you can accomplish your action step? For any step your confident level should be at least a 7, because it is important to make sure you can accomplish the action step. If your confidence level is below 7, adjust or fix your action step so your confidence will be at least at level 7. For example, if you say that you want to exercise three times per week but then you think it is too much for you, you can change to two times per week. This will make it easier for you to accomplish your exercise routine. Then, as you feel more confident about accomplishing your action step you can increase the number of days you will exercise until you reach your ultimate goal. Or if exercising 60 minutes is too long for you, and your confidence level is less than 7, then you can reduce your action step to 30 minutes.

**6. “Target Date.”** You also want to set a target date for taking your action step.

## **15. Goals and beliefs**

Accomplish your goals depends on the actions you take. **Make sure your actions help you to accomplish your goals.** For example, if you want to improve your math skills, then some of your actions should be practicing solving math problems or studying with a math tutor. However, if you read a science book to improve your math skills, how could that improve your math skills? Find the right actions to help you achieve your goals.

First, write down your goal. For example, if your goal is to become a healthier person, then what are your

beliefs in becoming a healthier person? For example, some ways to become a healthier person are to develop a healthy diet, exercise, and reduce stress. However, if you apply unhealthy behaviors such as skipping meals or consuming unhealthy foods, then you are not likely to become a healthier person. Those behaviors are the opposite of how to improve your health.

Whenever you have a positive goal but apply negative behaviors to try and achieve it, you are contradicting your own beliefs. This would likely prevent you from accomplishing your goal. You simply cannot get a positive result through negative actions or behaviors. **If you have a positive goal, then make sure your beliefs are positive. When your goal and belief matches, it will help you to become successful.**

## 16. Create a vision board

**A vision board allows you to physically see your goals, and it will motivate and empower your mind to find ways to obtain them.** Your brain will see clear representations of your goals on your vision board and that will help you to stay motivated and work harder to find ways to get what you want.

For example, if you drive in foggy weather you would drive slowly because you cannot see the road clearly. It is the same with your mind. When your goals are not on a vision board, your mind cannot see them as clearly, which makes it more difficult for your mind to find and unleash the right knowledge and skills for you to achieve your goals.

You can use anything on your vision board, to make your goals clear and desirable. You can draw or paste pictures or objects on the board, or use any other method to help you visualize your goals.

**Place your vision board where you can see it easily every day.** The more your mind sees your vision board, the faster it can help you achieve your goals.

## **17. Reinforce your goals**

It is important to reinforce your goals as much as possible, especially at the beginning when your mind is not accustomed to working towards your goals yet. **When you reinforce your goals it reminds your brain that you are still determined to achieve them.** If you do not reinforce your goals in your mind you may lose track of them, and

your motivation level will decrease. Future goals could be easier for you to forget because you are not currently taking any concrete action to achieve them.

If this is the first time you have set goals or if you have new goals, try to reinforce them daily. As your brain becomes accustomed to your goals and does not forget them you may need fewer reminders. **However, do not forget to reinforce your goals every once in a while to make sure you remember them.**

## **18. Celebrate your successes**

**It is important to celebrate all of your goal successes, no matter how small or how big they are.** Many of us have built a habit of believing that small accomplishments are “not a big deal,” and only the big

accomplishments deserve rewards. However, if you want big accomplishments, small accomplishments need to be acknowledged first because they are the building blocks to bigger and greater accomplishments.

You can even celebrate certain steps within a goal that were big accomplishments to you. For example, your goal might be to write a book published, and one of your steps was to finish writing the book. When you finish writing your book, celebrate that step because writing your draft took hard work and dedication. After you get your book published, celebrate again!

As you can see, you could have many opportunities to celebrate your success. **When you celebrate your successes, you acknowledge your strengths, talents, hard work, and your potential to achieve greater things in the future.**



The first way to acknowledge and celebrate your success is to say out loud on how proud you are of what you have accomplished it, and give yourself a smile. The second way is to share your achievement with others, such as to your family and friends. You do not have to have a party to share your success, but you could simply and casually mention your achievement to them. Third, treat yourself to something you enjoy as a reward for your hard work. Make a list of what you want to award yourself with. After you achieved a goal, pick a reward on your list, treat yourself, and enjoy it!

## **19. It is easier than you might think**

Some of your goals might seem difficult at the beginning because your mind might create fear. Every time

you experience fear, it just seems harder to accomplish something.

**The good news is that most of the things you want to accomplish might be easier than you might think.** For example, have you ever encountered a situation that seemed difficult at the beginning, but after you took action it did not feel as difficult? If you have ever experienced that, it is because your mind created fear. That does not mean there is really something to be afraid of. In addition, sometimes your mind creates fear because you might not have the skills or knowledge you need at the beginning to become successful. However, when you start taking action, knowledge and skill will manifest to help you become successful. Your mind might not manifest all the knowledge and skills you need at the same time, but it will unleash the right knowledge and skills as you need them.

There is a saying, “when the student is ready, the teacher will appear.”

**So if you believe a goal is a difficult level 10, most likely it is really only a level 7.**

## **20. Do not limit yourself**

The great thing about the 21st Century is that it does not matter who you are or what you have gone through.

**You can achieve and become anyone and anything you want to!** With the advanced technology and the Internet, there is so much knowledge available to help you become successful. Even if you think you are not the person you want to be at the moment, you can become that person.

**One of the best ways to help you become anything or anyone you want to is to learn and understand more about human potential.** Learning about human potential will help you to understand that every human being has the knowledge and skill to become successful in whatever they desire. Today, much faster to accomplish something compared to decades ago when unlimited information was not available to you. So whatever you want to become or achieve, remember: You can become successful!

## **21. Everything is learnable and achievable**

With today's unlimited access to information, you can learn anything. **It does not matter what you want to accomplish, there are thousands and even millions of people who have already accomplished what you want**

**to do and have left clues for you to learn and achieve the same thing.** You just need to research those people, find the clues, and believe in yourself. Before you know it, you will achieve the same thing.

For example, YouTube and Google have a lot of information and directions for you to learn and apply.. In addition to learning online, there are countless books, workshops and seminars to help you achieve anything you want. So when you say that you do not know how to do something, it is not that you do not know what to do, it is a lack of motivation and self-belief. You can find out what you need to know.

**Believe in yourself and take the first step by researching what you want to achieve.** You will be surprised on how quickly you will accomplish your goals once you have taken the first step.

## 22. Adjust as you go

**Before you decide to give up on your goals, try adjusting them.** Sometimes you might experience a misstep that only needs a little change to help you move forward. Or you may need to tailor your steps to better meet your goals. Or, if you discover that your purpose is not aligned with your goal, examine your goals and see how you can adjust your goals so they align with your purpose again.

First, adjust your action steps, if needed. For example, let's say that your action step is to work at write your book for 60 minutes daily. However, suddenly something happens in your life that needs your attention and it requires you to reduce your 60 minutes of writing. In this case, you would only need to adjust your writing time from 60 to 30 or even 15 minutes for a certain number of

days or weeks. After you have taken care of whatever is necessary you can resume writing every day for 60 minutes, as you originally planned.

When something happens to take some of your attention away from your goals, it does not mean that you are not meant to achieve your goals. Things will happen that you have no control over, and that is fine because life is not perfect. As a matter of fact, your plan will never go as planned or turn out perfectly because a perfect plan does not exist.

If time is not an issue and you have trouble fulfilling your action steps, look at your purpose for that goal. When you have the wrong purpose, or the wrong goal to fulfill your purpose, it will be difficult to motivate yourself to take action. The best motivation comes from within, and that mainly results from your purpose for your

goal. Ask yourself, did your purpose come as a result of from external or internal influences? **When your purpose is clear and it fits with your inner desires, you will be motivated to take action.**

### **23. Do you need to let your goal go?**

**There are three main reasons why you might have to let go some of your goals.** First, high levels of external influences on you, such as family, friends, the media, and society might lead you to develop goals that you do not really want to accomplish. If that is the case, it is important for you to give up those goals and find out what your true goals are.

Second, as you grow as a person and learn new things, your interests might change and that means your



goals might also change. For example, sometimes certain goals might have been a good fit for you in the past, but they might not be a good fit in your current or future life. Remember, you are constantly changing, which means some of your goals might need to change also.

Third, since you are a human being you are not perfect, and that is ok. Sometimes you might set the wrong goals for you. That's ok.

**When you have to let some of your goals go, it does not mean you are a failure.** When you have goals that you do not like or are not helping your life anymore, those goals can prevent you from become successful at reaching your other goals because they take up your focus and time that could be used on the goals that you really do want to achieve.

Do not to waste your time and effort on unwanted goals. Sometimes certain goals might need to be changed a little bit, or you may need to completely give up some goals.

## **24. Focus on three goals at a time**

Even though you may have many goals that you want to accomplish, it is important to focus on no more than three goals at a time. **Since you only have 24 hours in a day, you do not have the time to do everything at once, so it is important to focus on three goals and become successful in them.** Then you can go on to achieve other goals.

When you have too many active goals at once, you will have too many things to do in every 24-hour day, and

that might cause you to rush through some of your active steps and not get things done well. **To achieve your goals successfully takes some time.**

## **25. Goal setting and opportunities**

Opportunities are everywhere, but the most important thing is for you to recognize them as opportunities and grab a hold of the right opportunities for you. Not every opportunity will be a good fit for you. **In order for you to know which opportunities are best for you, you first have to know what you are working toward, and what you need to accomplish that.**

When you set goals, you are clearer on what you want because you have taken the time to write your goals down and make sure they really express what you want to do or achieve. At any moment you have many thoughts

inside your head, and it can be difficult for the mind to understand which thoughts you want to focus on. **When you set goals, you separate what you want from the other thoughts inside your head.** As a result, your mind will have a clearer vision of what you want so it can recognize the right opportunities for you. So, make sure your goals are as clear as possible.

## **26. Goal setting decreases stress**

The main thing that makes us feel the most stress is not knowing where we are going in life. **However, when you set goals, you create a path to where you want to go, or to do what you want to achieve.** This allows your brain to become less fearful of the future and the unknown, and as a result your mind creates less stress.

Start right now and turn your desires into goals. Do not worry if your plan for your goal might not seem successful at the beginning. You can adjust your plan whenever you want to or need to. As long as you have a plan for your mind to follow, you feel as much stress.

In addition, to keep your stress level low it is important for you to keep moving toward your goal. When you put your goal on hold for too long by not taking action to move forward, your mind starts to create doubts because it is not sure if you are still committed to your goal. **Even if you can only take a small step every day toward your goal, that small step will help to keep your mind focused.** As a result, you will not feel lost and afraid. Setting goals is a very helpful tool to help you decrease your worries, fear and stress.

## **27. Goal setting and being in control of your life**

**When you set goals you take control of your life because you create your own action steps to achieve your goals.** You are telling yourself what you need to do.

However, when you do not set goals, you are more likely to take random steps or allow others to determine your action steps. When that happens, you are more likely to feel that you have lost control of your life because you are taking action steps based on another person's way of thinking.

For example, even though you and some other people might have similar goals, you would each have different reason or purposes for pursuing the goals. Different purposes require different action steps to become successful. For example, let's say that you both set a goal to develop good health, but the purpose of achieving good health might be different for each of you. You might want

good health to have more energy while the other person might want good health to help manage a health challenge such as diabetes. Even though there are certain things that both of you would do similarly to reach good health, there would also be different things each of you would do, based on your own purpose.

**In this case, when you set goals, you may need to separate yourself from others to create your own action steps.** This is part of being in control of your life.

## **28. Increase your self-esteem**

Self-esteem is believing and valuing yourself. It comes from realizing that you already have enough strengths, skills, and knowledge to become successful in

whatever you set out to do and achieve, and understanding that you can always learn more than you know right now.

In order to accomplish your goals, it is not a lack of knowledge or skill that holds you back as much as a lack of self-belief. **The more you believe in yourself the faster you will find ways to accomplish what your goals.**

Self-esteem also gives you the inner strength to step outside of your comfort zone and set challenging goals that will empower, motivate, and inspire you. Self-esteem gives you the inner strengths to move forward when you face a roadblock with your goals. **When you have a high level of self-esteem you will discover that failure is not a negative experience but an opportunity to learn and grow and discover new opportunities.**



**Below are six ways to help increase your self-esteem:**

1. **Dare to be different!** Self-esteem is about being as yourself. The more you are true to yourself, the higher your self-esteem will become.
2. **Keep your promises:** Self-esteem is about you. The more you keep your promises to yourself and others, the higher your self-esteem will be.
3. **Self-acceptance:** Accepting yourself will help you to realize how terrific a person you are, no matter what kinds of negative qualities and experiences you have had.
4. **Take good care of yourself:** Make sure to take good care of yourself physically, mentally, spiritually, emotionally, and in every other area of your life.

5. **Share from your heart:** Sharing from your heart allow you to understand more about the emotions that will boost your self-esteem and happiness.
6. **Follow your belief system:** Create a belief system that you can refer to help you make good decisions.

## **29. Control your emotions**

Do you allow your emotions to influence you to act or behave in certain ways that you do not want? It is very likely that your emotions could be stopping you from achieving the things that you want to do.

For example, you might want to take action to achieve something but your doubt and the emotion of fear prevents you from taking a step you need to take to become successful. In this case, if you allow your doubts and fear to

take control of your choices and behaviors, you would have a more difficult time achieving your goals.

**Learn how to control your emotions and do not let them control you.** For example, if you know that your anger emotion tends to control you, learn how to control your anger because that emotion is not helping you. It is the same with your fear. Learn how to control your fear by learning where it comes from and what the fear emotion actually means in your life. When you have a better understanding of what your emotion of fear is, you can start to control it so it won't influence you in negative ways or stop you from taking appropriate and necessary actions.

### **30. Persistence**

**If you want to successfully achieve your goals, persistence is the most important quality you will need.**

Success does not develop overnight and sometimes it you might try and fail several times. It is unlikely that you will know everything you need to become successful the first time you try to reach your goals. When you fail, it does not mean you should quit on your goals. You just need to look for the next best option to achieve your goal. It is not realistic to expect that you will achieve all of your goals the first time you try.

Remember, there is a path to every goal. You just need to find that path. **Your patience and persistence levels will be a big part of your success in achieving your goals.**

## 31. Ask for help

Do not be afraid to ask for help. It is impossible for you to know everything, especially if you are pursuing a goal that is outside your comfort zone or involves doing something that you have never done before.

**Asking for help is not a sign of weakness but a sign of strength and courage.** Some societies influence us to hide our weaknesses. However, in order to overcome our weaknesses, we need the help of others.

**If you are not asking for help when you need it, you are unlikely to achieve your goals.** In addition, people love to help because that is just a very human trait.

## 32. Be a good student

**When you are a good student, you are more likely to follow directions correctly, and this will give you have a higher chance of successfully achieving your goals.** When you first begin to learn something, it is important to do exactly what you are taught. Do not take shortcuts or skip certain steps because you think you can do it better without them.

Remember, no matter what you want to do, people have left clues with exact step-by-step information to help you become successful. You do not need to waste your time thinking of different ways to do something when the path or blueprint has already been laid out for you.

**In addition, being a good student also take some of the guess work out of what you need to do, and this**

**helps to decrease your fear.** You will know exactly what to do by following the blueprint that has been laid out for you. However, if you take shortcuts or try something different, your brain may start to create fear because you are doing something different and unknown, and the mind does not like that.

### **33. Master your small daily commitments**

**Learn to master your small daily commitments and you will master and fulfill your big commitments and goals.** If you cannot master your small commitments, then you are unlikely to master your big commitments.

For example, do you tend to make a commitment to read a new book next month but then fail to read it? Do you tend to make a commitment to do something for another

person, but fail to do it? Do you tend to make a commitment to help your family, but fail to do it? Do you tend to make a commitment to meet up with a friend, but fail to do so? Do you tend to a make commitment to exercise twice per week, but fail to do it?

Look through your small daily commitments and see where you can improve. The daily commitments that you agree to or set for yourself set the tone for how well you can succeed at fulfilling your big goals.

**When you build the habit of keeping your commitments you are building the habit of taking action.** Then you will be unlikely to quit on your goals because goal setting is about taking action. Remember, your commitments are important to achieving your goals. The more commitments you keep, small and big, the higher



the chance you will have of successfully achieving your goals.

### 34. Start now

Do not make excuses that you do not have the time or you need to wait for the perfect time to start working to achieve your goals. There will always be reasons or excuses for you not to start. **Your mind can do a very good job of coming up with reasons and excuse not to do something.** However, they are just excuses. It is important to become aware of them and move past them.

Realize that no matter what you want to accomplish the fear of failing will always be there—but that does not mean failure will actually happen. **If you want to decrease**

**your fear, you have to take action.** Action conquers fear.

The more action you take, the less fear you will have.

## **35. About the author --- Mykim Tran**

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

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