



Goal Setting Journal: The Best Goal Setting Tool

Elizabeth Earl

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Please Get The Paperback Version Only** Are you the type of person who has big plans but just never seems to get anywhere with them? Did you make resolutions at the start of the year and completely ignore them? Perhaps you feel like life is just getting in the way and you can't stay on track? If you could relate to any of these questions, then this goal setting journal is for you. The Best Goal Setting Tool Keeping a goal setting journal is the best way to track your goals. It bears witness to the tremendous progress you've made. Setting and achieving goal after goal you build success upon success. Self-development, self-awareness and inspired personal growth are nurtured as you reflect on the past, see how far you've come, and where you're now headed. It allows you to gain new perspective and to view life much more objectively. How to use this journal? Every morning when you wake up, there are 5 questions that you need to fill in. These questions are simple, yet very powerful for redirecting your thought patterns. The best time to start writing this journal is when you first wake up in the morning, because it reminds you of what your goals are and what is crucial to you. Question 1: What are my goals? This question forces you to remember what your goals are, so you won't get sidetracked from all of your other daily activities. Question 2: Why are these goals important to me? This is the most important question to ask yourself. Why? If you know the reason why you are setting those goals, the chances of achieving them are 3 times higher. Make it clear to why you want to achieve these goals, so your subconscious mind will not work against you. Question 3: What can I do today to make sure I am on the right track? Question 4: Is there anything I can do or change so I can reach my goals faster? Answers to these 2 questions can be anything. (better time management, no more TV, wake up earlier, or save up some money) But taking action is the key, don't just write it down and not follow it. Question 5: I will reach these goals by.. Deadlines Improve the Effectiveness of Goals. You want set a date to complete your goal, so you won't procrastinate. This is a goal-setting technique that is used by successful people in all fields. By setting sharp, clearly defined goals, you can measure your progress and continuously motivate yourself to progress toward the vision you have for your ideal life. You will be able to see forward movement in what might otherwise feel like a long, pointless grind. Don't Ever Let Life Pass You By Focus on Your on Goals and Priorities.

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