

## GOAL SETTING : WHY IT'S SO HARD TO STICK TO YOUR GOALS (AND HOW TO MAKE IT EASY)

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On this page:

- Differences between goals & dreams
- How to find Motivation, commit yourself and do the work
- Why the secret to success is setting the right goals
- Make the best version of yourself while you are progressing

I. Firstly, goal setting is everywhere in our world. In order to know, what is a goal and a dream we have to understand the differences of them. Dreams may not always have a clear plan or specific steps associated with them. A goal, on the other hand, is a specific, measurable, and achievable objective that you set for yourself, often with a defined timeline and actionable steps to reach it. That means, goals are more concrete and practical compared to dreams. Then

-Can a dream become a goal ?

We know that thinking about our future can take many forms, from daydreaming to creating fully developed plans. Without realizing it, our dreams may become the basis for our goals – and there are steps that we can take to turn them into reality.

-There are some steps to turn our dreams into goals:

1. Envision what you exactly want
2. Think about it deeply
3. See the big picture
4. Create your 'private' dream book

- Don't forget the main factor :

It takes:

D iscipline

R outine

E duration

A ction

M entality

To turn dreams into reality.

II. ' Consistency + Discipline = Goals '

Due to these factors, we can notice that achieving goals are not as easy as we consider. If we don't separate ourselves from our distractions, our distractions will separate us from our goals and the life we want. For this reason we need consistency. It means staying focused and dedicating oneself to the goal. It is the ability to remain committed to a task or habit without deviating from it.

When it comes to Discipline, It is the consistent pattern of behavior designed to achieve a desired outcome.

However, there are ongoing debates on the importance of motivation and discipline in achieving goals... The answer is that they are both equally important. Without discipline, we may struggle to follow through on our goals, while without motivation, we may lack the drive to pursue them in the first place. The key to success is finding a balance between the two.

III. Before setting the right goals we have to know what we want to accomplish, and the key results are how we will get it done. The greatest manager Andy Grove invented the 'Objectives and Key results' (OKRs) system for management because he believed that success was mostly about excellent execution.

The OKRs goal-setting system doesn't only work for organisations but it could also be applied to teams, families, or even individuals. However, the issue is that most people and companies alike are setting goals wrong because they lack a sense of purpose.

So before we determine what our objective is, we need to find our 'why'. As John Doerr said – 'Truly transformational teams combine their ambitions to their passion and to their purpose, and they develop a clear and compelling sense of why'.

Because 'why' is the 'launchpad for our objectives'. These have to be significant, action-oriented, and inspiring.

If you fail, never give up because Fail means

"FIRST ATTEMPT IN LEARNING"

End is not the end. In fact END means

"EFFORT NEVER DIES "

If you get NO as an answer, remember NO means

"NEXT OPPORTUNITY"

IV. Don't be afraid of the mistakes that you face while making progress.

As a human being, we first have to accept that we aren't perfect, and perfection will never be our truth. Being the best version of yourself is not about perfection but more about finding your true self.

Normalize not building your identity around a career.

While striving to achieve goals, we don't compare ourselves with other people, however with ourselves from yesterday. This approach helps us become the best version of ourselves.

As Mahatma Gandhi, the man behind India's independence, said 'The future depends on what you do today', -- our future is in our own hands.

We should never stop trying because we deserve the best of everything.



**Used literature and manuals:**

<https://healthdirect.gov.au>

‘Become the best version of yourself ‘ by Carl Adam

<https://ricklindquist.com>

<https://forbesindia.com>

<https://lctionary.apa.orgh>

<https://medium.com>