

How to Set and Accomplish Goals

START



Why Goal-Setting Matters

For years, you've talked about visiting the Eiffel Tower in Paris, starting your own restaurant or accomplishing some other major life milestone—without ever taking action.

It's easy to dream; it's difficult to do. When you eliminate excuses, you can turn these dreams into goals and goals into reality.

Think of this eBook as your guide to getting your dreams on paper, turning them into goals and then watching them become your reality. You'll learn the difference between a dream and a goal, the components of a great goal and the steps you need to take to achieve your goal. It's a good life!



Dreams vs. Goals

A dream is a **vision** of where you want to go and what you want to achieve. It is meant to energize your mind. Each completed goal empowers you to turn your dreams into reality! A goal is an **action step** to achieve your dreams.

“A goal is a dream with a deadline.”

— Napoleon Hill



What is Dreamcasting?

Dreamcasting is the process of getting all of your dreams down on paper so you know what you want to accomplish. There are two parts to effective dreamcasting:

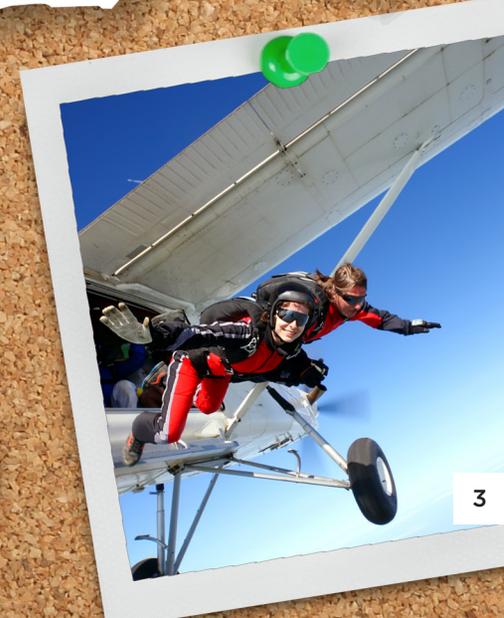
1 Remove Anything Holding You Back.

- Write down your dreams as if there are no obstacles.
- List all of the excuses not to achieve your dreams—i.e. “I can’t afford it,” or “The kids’ schedules are too hectic.”
- Consider these obstacles as you plan your goals, but don’t let them keep you from a dream.

2 Find Pictures to Inspire You!

- A vision board is a collection of pictures and images you can glance at regularly to inspire you to make your dreams a reality.
- They can be pictures on your screensaver, or inspiring pictures from the Internet or magazines that you tack onto a poster board or cork board.

Once you eliminate the excuses not to achieve and have your dreams down on paper, it's time to create the corresponding goals.



Elements of an Effective Goal

Take your dreams and set goals to help you realistically achieve them. A good goal will do a few things:

1. Get you out of your comfort zone.
2. Create hope for the future.
3. Provide a plan for achieving the end result.

Get S.M.A.R.T.

This is a goal-setting formula that the pros love. Make your goals...



Goalcasting: From Dreaming to Doing.

- 1 Write down your goals, keeping in mind the components of a good goal.
- 2 Focus on your top three to five goals. Determine by what date or age you will achieve those goals.
- 3 Find sources of encouragement. Use affirmations to keep your goals top of mind. Identify friends or family that will help you achieve those goals. This adds accountability!
- 4 Put it all together into a plan. Include the what, when, where, who and how much.

Remember the Obstacles?

You will encounter them. Work obstacles into your plan so you can tackle them head on.

Goalcasting

_____ by: ____ / ____
[Goal] [Date]





I can't
do it

Do It Now!

What are you waiting for? Follow these tips to dreaming, and then doing, so you can achieve everything you aspire to in your lifetime.

Need some motivation to keep you going? Buffini & Company provides resources and tools as part of Membership, training and world-class events to help you plan these goals and achieve them.

Learn more about how Buffini & Company can help you set and reach life-long goals:
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