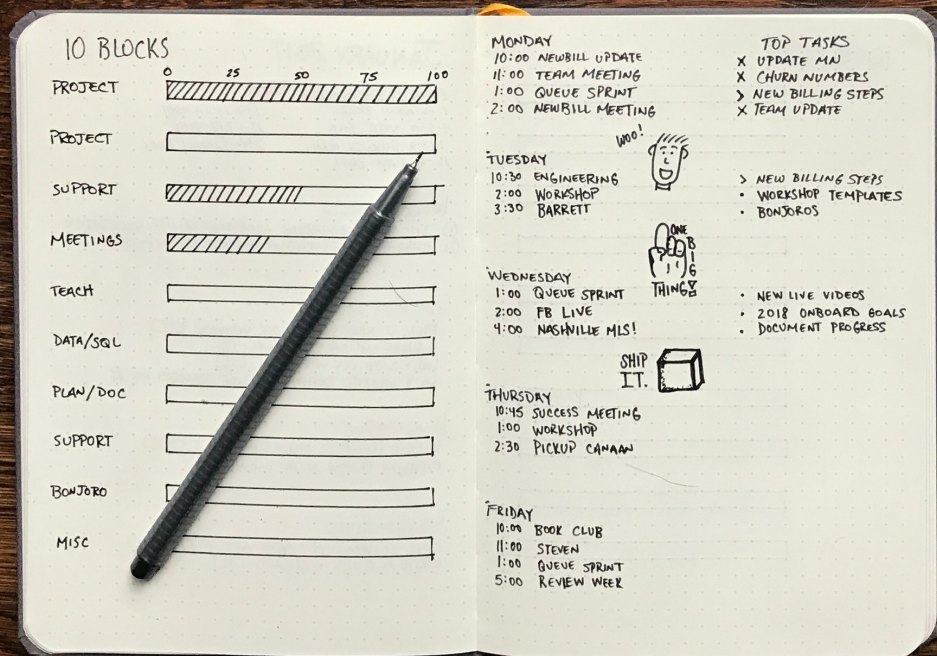
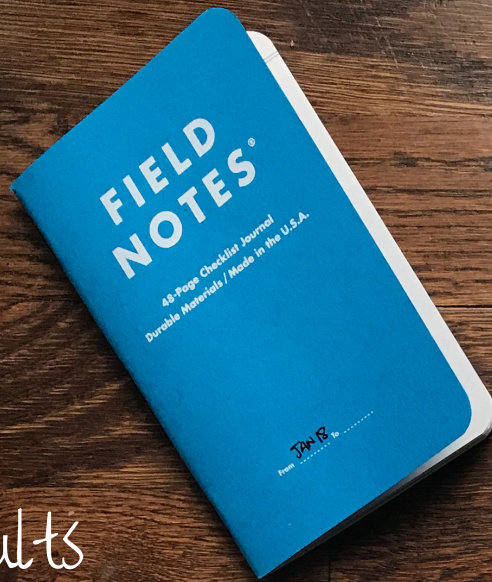


THE POWER OF GOALS

by Dan Miller

48Days.com

If you want different results next year, what are you willing to change in what you are doing now?



THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT

There is considerable evidence to indicate that expectations of your future do, in fact, tend to create your future. People usually end up pretty much where they expect.

It seems reasonable then, to spend some time determining specific, worthwhile expectations that will make your life more meaningful.

If you don't have a written plan for your life, it may feel like you're driving a car without having your hands on the wheel.

Are you a goal setter? Do you typically set goals at the first of the year? If not, why not?

"With definite goals you release your own power, and things start happening."

- Zig Ziglar

This is a basic starting format for goal setting. You may feel you are being rushed or hurried. However, you will find that if you do not begin to make decisions you will tend to procrastinate and your history will simply repeat itself. A quick decision is often the best decision and is certainly better than no decision.

Indecision is the greatest thief of opportunity.

Goals are not written in concrete and unchangeable terms but they do give you a starting point and a destination. The important thing is that you are in charge when working on your goals. It is the easiest way to put yourself in the driver's seat of your life. Your life has meaning only when you are working toward goals that you have decided on.

SUCCESS

THE PROGRESSIVE REALIZATION OF

WORTHWHILE GOALS

In order for your purpose in life to be fulfilled, you must set goals in multiple areas. Success is not just career or financial – family, physical and spiritual are equally important areas of achievement. They are part of the same whole, balanced person. This is the whole person concept of the 48 Days To The Work you Love approach.

*A Goal is a Dream
with a Time Frame on it*

Any stage in life can be an exciting time with many opportunities, or a dreary time of confusion and entrapment. You may not be able to change your circumstances, but you can decide that the circumstances won't dominate you. You do have choices.

Begin with the three-year goals and then work backward to what you need to do today to make deposits in what you want your life to be three years from now. Be specific, creating quantifiable benchmarks to track your deposits of success.

There is something magical that happens when you write down your goals. I have seen people transform their levels of success almost instantly simply as a result of getting clearly defined and written goals.

*"Make no small plans; they have no magic to
stir men's souls."*

Daniel Burnham

GOAL PLANNING GUIDE

My Goals for 2019 and Beyond

1. FINANCIAL Income, Investments (If you can't dream it, it won't happen)

"Delight yourself in the Lord and he will give you the desires of your heart." Ps. 37:4

How much do you want to be earning each year in 3 years? _____

How much do you want to have in the bank or in investments? _____

If you can't dream it, it won't happen! Nothing is unrealistic if you have a clear plan.

Three-Year Goals

(Be Specific - can we measure this?)

Make it personal:

I earn _____

I drive _____

I invest _____

FINANCIAL (continued)

One-Year Goals

(How much do you want to increase your income in the next 12 months?)

Beginning TODAY! (What can you do today to make a deposit?)

I save 10% of my income each week

I give 10% to _____

2. PHYSICAL -- Health, Appearance, Exercise

"The feeling of being hurried is not usually the result of living a full life and having no time. It is, on the contrary, born of a vague fear that we are wasting our life. When we do not do the one thing we ought to do, we have no time for anything else - we are the busiest people in the world." Eric Offer

Do you take long walks, exercise or meditate regularly? _____

Are you living a balanced life? Is this an area that deserves more time? _____

Can you just give yourself 30 minutes to relax? _____

Do you know that physical exercise is a cleansing process that can dramatically increase your creativity?

wealth is difficult to enjoy if you've given up health in the process.

Three-Year Goals (Be Specific - can we measure this?)

PHYSICAL (continued)

One-Year Goals

Make it personal:

I weigh _____

I am a non-smoker _____

Beginning TODAY!

I exercise 4 times weekly doing _____

I get 7-8 hours of sleep each night _____

I enjoy vitality, health, and energy because _____

I _____

3. **PERSONAL DEVELOPMENT** Knowledge, Education, Self-Improvement

"Never rest on your achievements; always nurture your potential." Denis Waitley

Your success, financial and otherwise, will never far exceed your personal development. Start doing something that you've put off because of the risk of failure.

Want to learn a new language? Make this your year.

How many books will you read this year? They say that if you read 3 books on any subject you will be an expert in that topic.

Take the time for personal development – this may be the inhaling part of healthy personal breathing – if you do nothing but exhale, you'll turn blue and pass out. (Speaking of time – join Automobile University – if you drive 25,000 miles/year at an average speed of 46mph, you'll spend about the same amount of time in your car as an average college student spends in class. The question is, what are you doing with that time? You can listen to podcasts and audio programs and transform your success.)

Where do you look for inspiration, mentors and positive input? What gifts do you have that you have not been using? Is there some potential for full achievement that needs to be unlocked?

Three-Year Goals (Be Specific – can we measure this?)

I will have read _____

I will have studied _____

I will have learned _____

PERSONAL DEVELOPMENT (continued)

One-Year Goals

I will join a local _____

I will speak at _____ on the topic of _____

Beginning TODAY!

I will read _____

I will study _____

I will attend _____

4. **FAMILY** Relationship to others, Development of children, Where do you want to live?

*The second law of thermodynamics - things left to themselves tend to deteriorate.
Great relationships don't just happen - they come as the result of making deposits toward the "success" you want.*

What is the kind and length of vacations you will take this year? What would be the goal for free time with family and friends?

You may try taking the time you normally spend watching a favorite TV show and spend that time instead with your spouse, a child or a friend.

Don't say you want to be a "better" mom, dad or parent. Define what that means: You may decide to spend 20 minutes each night with your child or one Saturday morning a month doing what he/she wants to do. Or how about scheduling one overnight event with your spouse every quarter?

Family is the smallest form of government. The current challenges in our government are merely a reflection of the breakdown of the American family. We start with the family and work up; not the other way around.

Three-Year Goals (Be Specific - can we measure this?)

We will travel to _____

FAMILY RELATIONSHIPS (continued)

One-Year Goals

We will travel to _____

We will take a cruise to _____

Beginning TODAY!

We will travel to _____

I will plan a date night every _____

I will spend _____ hours each week

5. **SPIRITUAL** Personal commitment, Theological understanding, Meditation

"Asking for something from God does not mean talking God into it; it means an awakening of the gift within ourselves." Richard Rohr

Can you say that you are now living out God's purpose for your life?

What are you a part of that goes beyond yourself?

How have you handled a crisis this last year?

Are you comfortable taking steps of faith or are you more comfortable with what you have already seen?

Do you trust your "dreams" as being inspired?

How will you be remembered?

Three-Year Goals (Be Specific – can we measure this?)

I will develop my daily meditation by _____

SPIRITUAL (continued)

One-Year Goals

I will plan a spiritual retreat to _____

Beginning TODAY!

I will grow and expand my faith by _____

I will read _____

6. **SOCIAL** Increased number of friends, Community involvement, etc.

"The greatest good you can do for another is not just to share your riches, but to reveal to him his own." Benjamin Disraeli

Change old attitudes. Discard past negatives. Ask for forgiveness. Make things right with people whom you need to forgive, or who need to forgive you.

Choose someone you could care for or be a mentor to – and then make the effort to work on this relationship, starting today.

What is a promise you made to someone but failed to keep?

Spend time with an elderly person and find out some of his/her fondest memories.

6 Ways To Make People Like You*

- Become genuinely interested in other people.
- Smile
- Remember that a person's name is to that person the sweetest and most important sound in any language.
- Be a good listener. Encourage others to talk about themselves.
- Talk in terms of the other person's interests.
- Make the other person feel important – and do it sincerely.

*How to Win Friends and Influence People – Dale Carnegie

SOCIAL (continued)

Three-Year Goals (Be Specific - can we measure this?)

I will be serving in these organizations _____

One-Year Goals

I will develop friendships with _____

Beginning TODAY!

I will join the _____

7. CAREER Ambitions, Dreams, Hopes

"That every man find pleasure in his work - this is the gift of God." Ecc. 3:13

This is an outcome of knowing what you want in the other 6 areas.

Your career should be a reflection of the LIFE you want. Once you decide on the life you want, it becomes obvious what kind of work embraces that. We want to help you "Plan your Work around the Life you want."

What are your unique (1) Skills & Abilities, (2) Personality Traits, and (3) Values, Dreams & Passions. These will define your best applications for work.

Three-Year Goals (Be Specific - can we measure this?)

What would a perfect work day look like? _____

One-Year Goals

Do you need any new training or skills? _____

CAREER (continued)

Beginning TODAY!

I will write _____

I will develop _____

"The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he is always doing both."

James Michener

In order for your “Purpose” in life – your “Calling” to be fulfilled, you must set goals in multiple areas. Success is never just in career or financial areas. Set your goals for Success and Balance in family, social, physical and spiritual areas of your life as well.

Make sure that you have some response in each and every category. Put these away for two weeks. Then come back to them and ask yourself again – Are these really my goals? If they are, then start the process of Beginning TODAY to make your deposits. You will be amazed at how they start to come alive and become real. Make a weekly list identifying specific steps for deposits in each area.

Important: Every month, set aside two hours to review and revise your goals.

Let us know your success!

Your friend in the process,

Dan

Need an accountability partner, or several hundred, to help you reach your goals? The 48 Days Eagles Community will give you the resources and support you need to make 2019 a truly new year!



CLICK TO FIND OUT MORE

Or go to 48DaysEagles.com