

See What The Online Education Database Say About Goal Setting

by GregDeTisi - Wednesday, February 27, 2013

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Let's face it, many people look at goals as potentially worth having, BUT somewhat boring 'or' not really worth following through with.

Is that you?

I get it. And I have been there, where I started with good intentions and then went off the rail. I started but i didn't exactly finish.

Why didn't i finish? I will tell you exactly why. because the goals were not enough for me to focus on. They were not driving me forward, and they were not making me feel passionate about. But, once I changed my goals and got clear on goals THAT MATTERED to me, then I saw a vast difference in my ability to focus on them, but also on my action taking and consistency through challenges.

In other words, I found personally that a goal has to be really considered otherwise, we will lose interest in it.

So, what I do is to look at what I VALUE and what MATTERS to me most before I set a goal, and if it matters to me a great deal then I will see it through as I have a great deal invested in it.

But it's OK 'if' you have no aims of being truly successful in life or business. Or if you are happy as you are and in the situation you have created. Perhaps then setting goals are not for you?

All I know is that - if I didn't set goals and follow through with them then I wouldn't be writing this or be in this business now, that's all i can say! For me setting and aiming for goals means that I am not just drifting through life. And whilst there are times when I take breaks and don't think about anything at all that doesn't mean that I am simply ditching my vision and aims I wish to follow.

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The truth is that - we see goals as a chore very often, but here's a thought - 'what if' you just tried setting some smaller goals to see if you might create some changes in your current life? That's up to you of course, but if you are in a place where you are unfulfilled or you are stuck in some way then what is there to lose? And when you can start small and see results it drives us forward as we become more confident and competent.

I have found many tools which have helped me and certainly gaining an online education has become essential to me and I think today to any business or career we wish to pursue in the future.

Now, enough of me babbling on I want you to listen to someone else for change:

Check out what Allison Morris has to say about goals and, don't forget to check her site out when you have finished reading this.

The Online Education Database Article 'We suck at setting goals! By Allison Morris'

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So January has come and gone, and without the constant questions from family and friends about our New Year's resolutions, it's probably true that most of us have pushed them to the back burner.

Whether you promised yourself you would lose weight, get organized, or quit smoking, it's easy to get sidetracked. In fact, according to the infographic, "You've Probably Never Kept a Resolution," posted by...

OnlineEducation.net

"8 out of 10 people said their life lacked an overall goal!"

About 45% of those surveyed said they make a New Year's resolution, 17% sometimes do, and 38% said they never do. However, only about 8% of those who made a resolution felt they achieved their goal. So what can you do to get yourself closer to keeping a resolution? A study of Harvard's MBA program graduates indicates that having written goals is key.

Those who had their goals written down and clearly outlined ended up earning ten times as much as the other graduates. However, only 3% of students surveyed actually had these goals written down.

Other recommendations include, setting goals that are for you and you alone. Don't try to impress anyone else. Your resolution should be something you really want to achieve, not something you feel forced to do. Also, pace yourself, trying to take on too many changes at once is sure to backfire. Keep your goals written somewhere you can clearly see them. This will increase your chance of succeeding.

Allison Morris
Online Education Database

Visit The Online Education Experts Online Education.Net

Check Out The Full Article Here And Their Website:

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Many Thanks to Allison Morris for sharing her passions for setting goals and the importance of doing so. I am totally in agreement that we must be able to educate people today and spread the word of goal setting in all areas of life.

Please share this post with your friends and add any comments you may have about an online education - as I love to discuss this topic and you will probably see other goals based posts from me as I am deeply passionate about serving others with their goals.

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Now, I would love to leave you with some inspiring quotes from some of my favourite leaders in the world regarding goal setting.

“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.” —*Andrew Carnegie*

“The thing about goals is that living without them is a lot more fun, in the short run. It seems to me, though, that the people who get things done, who lead, who grow and who make an impact... those people have goals.” —*Seth Godin*

“It must be borne in mind that the tragedy of life doesn't lie in not reaching your

goal. The tragedy lies in having no goals to reach.” —*Benjamin E. Mays*

“You should set goals beyond your reach so you always have something to live for.” —*Ted Turner*

“I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time.” —*Michael Phelps*

“Goals. There’s no telling what you can do when you get inspired by them. There’s no telling what you can do when you believe in them. And there’s no telling what will happen when you act upon them.” —*Jim Rohn*

I hope that these have sufficiently inspired you beyond measure as they do me.

Something I will do is to fill my mind with inspiring quotes, phrases, sentences and poems as I chose to do so and this pushes me ever forward into further destinations.

I must admit that I was once a true failure, a college drop out, a drug taker and I was taking bad risks, but at 30 it hit me and I kind of woke up. Time flue by and I was depressed. I was lost, confused, misguided, anxious and lonely, but I found a book on my mothers book shelf called 'You can heal your life' by Louise L Hay. And I can only say that she saved my life.

So thanks Louise, and from that point on after reading that book 18 times I was learning to focus on some worthy goals. I had to wake up and I had to have something radical change me. This book did.

Whatever you need get it.

Use it and apply it.

As I am proof that one

can change anything.

Today I have written 26 of my own books, created courses, this blog and various products and services relating to my Small business coaching, but do you think that I would have ever managed to get there without direction? No way! I forged a vision, an aim and a GOAL. I created a plan and I worked my ass off. It took a few years and many times I wanted to give up, but I didn't quit because I had that bridge between me and my goal.

So, what could goal setting do for you?

1) START SMALL

2) CREATE A S.M.A.R.T GOAL

3) ENSURE IT ALIGNS WITH YOUR VALUES AND WHAT MATTERS

4) BE ACCOUNTABLE AND RESPONSIBLE FOR IT AND KEEP A STRONG VISION TO DRIVE FORWARD

5) AS YOU MAKE PROGRESS CELEBRATE THEM AND COMPLETE THEM THEN START TO EXPAND YOUR GOALS AND INCREASE INPUT

As always I wish you the very best

Greg

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