

8 strategies that will help you readjust your goals

“8 strategies that will help you readjust your goals if you’re not getting the results you want in the time you expect.”

You know the song, “Time is on my side, yes, it is!” Well, it surely doesn’t feel like it when you are trying to accomplish a goal you want so badly does it? It seems like the clock is ticking at a rapid pace and there is never enough time to get done the things you want or know you should do. Unfortunately, the expectation we have on the amount of time it takes to accomplish something can be the biggest challenge in the success we desire. If something doesn’t happen as quickly as we believe it should, it can stifle our progress and even cause us to throw in the towel on our dreams. However, giving up should never be an option. If you’re feeling less than motivated, like your goal is too hard, or it’s taking too long to see the results you want, don’t give up. Use these 8 strategies to readjust your goals and expectations and keep going!

1. Remember, it’s not all or nothing

Often we give up on our goals and dreams because we throw in the towel at the first sight of failure. The all or nothing mentality can cause us to forget the hard work that’s required for success. Sometimes things end up looking a little different than we have envisioned in the start-up, and that is okay. Learn to enjoy the changes and be adaptable. It’s doesn’t have to be all or nothing.

2. Seek feedback

Your goals can seem perfectly reasonable to your own mind, but when you look to someone who may have more experience or has successfully achieved what you want to accomplish, they may

have a totally different perspective than you. Often, we have blinders on because we are so passionate about fulfilling our dream. This is not a bad thing, but it can be a barrier in our success. Don't be afraid to ask for advice and seek quality feedback.

3.Focus on the action not the result

We can get caught up in spending too much time focusing on the result we desire and forget to take the actions necessary to achieve success. The results are simply the outcome of our daily decision-making. For example, if you want to lose weight, don't spend your time thinking about how much weight you want to lose and weighing yourself constantly. Instead, plan to replace your lunch or dinner with a salad instead of a heavy high calorie meal. If you focus only on results, you will never achieve the goals you desire, but if you focus on the actions, the results will surely follow.

4.Measure what matters most

How will you know if you're making progress? Vague results most likely won't keep you motivated, but real metrics most likely will. When you can clearly see some positive results, it will inspire you to keep going. How you measure your accomplishment will matter greatly in your overall success.

5.Plan for slip-ups

Mistakes are disappointments, not disasters. It doesn't matter how motivated you are or how much you plan for success, at some point or another, you will slip-up and make a mistake. No one is perfect all the time. If you plan for errors, you won't be so caught off guard when they occur. In fact, you will be prepared for them and be more likely to rebound much faster. Don't be afraid to make mistakes, know that you will and go after your dreams anyway!

6. Remind yourself it's a journey

Achieving success is a long hard road. It's not a short race, it's a marathon. It's like the saying, "How do you eat an elephant, one bite at a time", it's the same when it comes to accomplishing your goals and dreams. Especially, if you have big plans. Find joy in the doing and keep yourself grounded in the present. Remember, where you're going is more important than how fast you get there.

7. Celebrate small wins

Three steps forward and two steps back will still get you to your destination. If all you do is focus on the big goal and forget about all the small victories that have gotten you to where you are so far, it can be deflating and cause you to shrink back. Every step towards your success is a win and should be celebrated as such. Take time to recall those small successes along the way and spend some time reflecting on them before moving on to the next big thing.

8. Recall your why

If you are lacking the motivation to keep going towards your goals, it could be because you have forgotten why you want to achieve them in the first place. Remind yourself why your goals and dreams matter, and what will happen or be different when you achieve them. Be clear about your why and the difference success will make for you and those who are most important to you. What impact and footprint will your life make on this world? Why you're doing something is way more important than what you are doing.

Success is hard work and takes time. Don't let unrealistic expectations rob you from achieving the goals and dreams you desire. Simply take time to readjust and keep going.

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