MOTIVATIONAL QUOTES

* Effective goal setting
* Discipline - Mind full focus
* Ask four ultimate questions for clarity - how can i improve myself?

how was my last year?

why that happened?

what i have learnt from my last year?

* Set only purposeful goals - Its on going long term with a vision
* What u do with the things u want to have?
* Be very specific with your goals
* Set challenging but achievable goals - You will feel the motivation because its practical
* Break down the goals - Yearly goals

Quarterly goals

Weekly goals

Daily goals

* Apply deep work concept - Don’t not allow distractions

Fix your mind

Think about the big goal

* Design a powerful action plan - Daily goals, habits & sacrifices, routine

Hard & smart works

* Follow success list note the to do list- Goal oriented, Field oriented
* You can make adjustments in your goals or strategies
* Time block your weeks, days and hours - Note down the major task

Assign exact time

Block that time