

**IF YOU DON'T HAVE
GOALS
YOU ARE NOT
ALIVE**

- Set your Goals and Shape your
life the way you desire.

**Shubham
Singh**



★ **If You Don't Have
Goals**

You Are Not

Alive ★

by
Shubham Singh

**"Learning is the best and the only way
to succeed because it keeps you
alive in your journey towards
Success."**

- by Shubham Singh

**"Those who forget to learn, forget to
move forward, And those who
forget to move forward,
Forget to laugh in life
and Forget to win
in life."**

- by Shubham Singh

Affectionate Gift

From the moment a human is born, they are filled with countless desires. Among these, the most significant and cherished aspiration is to become wealthy. This desire, God grants only to the poor; the rich do not harbor such ambitions.

Undoubtedly, this yearning for wealth must reside within you as well. While navigating life, you must have felt the pull of this desire at some point.

To fulfill this intense desire, to guide you towards achieving it, this book has been created. It will empower you to set goals and accomplish them, ultimately leading you to prosperity. With this hope and prayer, I present this book to you. Please read it thoroughly.

When you experience positive transformation after reading this book, when you attain wealth, and when you successfully achieve your goals, the purpose of writing this book will be fulfilled.

Gratitude Acknowledged

Behind the completion and publication of this book, and its eventual reach to all of you, lies the hard work of many people, to whom I am deeply indebted. First and foremost, I am grateful to my parents who gave me life, nurtured me, and strived to provide me with everything I needed.

Secondly, I am indebted to my teachers who have showered me with the knowledge that has been invaluable in my journey. Thirdly, I am grateful to my society and the circumstances of my life, for they have taught me what to do and what not to do.

I am also grateful to the Almighty for sending me into this world as a human being and for his blessings that have always been with me, and I hope will continue to be so.

I am thankful to the book printing team whose hard work and dedication have made it possible for my book, "**If You Don't Have Goals, You Are Not Alive**", to reach all of you. And finally, I am grateful to the readers, for this book is written for you. Without you, writing this book would have been pointless.

How to use this Book

This book is divided into five sections, each with its own significance. You shouldn't just read this book; you should learn from it, understand it, and apply each point to your life. Use the ideas presented in this book and move forward. It's possible that upon a single reading, you may not fully grasp the emotions I've put into it, so I urge you to read it a second time. Highlight the points that resonate with you using a colored pen.

In the first part of this book, we explore 'Why people don't set goals', and in the second part, we discuss 'Why setting goals is essential'. The third part delves into 'Our enemies,' the obstacles we face when writing down our goals. The fourth section outlines 'Six crucial steps for setting goals', while the fifth section covers 'Eight steps for achieving them', along with the factors to consider while pursuing your goals.

Teach the things you've learned from this book to others, share them with others, and help others so that they too can escape poverty and achieve the life they desire.

Be sure to gift this book to others as well. Read this book and become wealthy. My prayers and best wishes are always with you, and I am also with you on your exciting journey.

Index

| | |
|--|-------|
| * Preface ----- | 11-16 |
| I. Why People Don't Set Goals?----- | 17-28 |
| 1. Goals are not Important | |
| 2. Don't know how to set Goals | |
| 3. Fear of Losing | |
| 4. Fear of Rejection | |
| 5. Procrastinate in Setting Goals | |
| II. Why Goal Setting is Important? ----- | 29-55 |
| 1. Getting the Right Direction | |
| 2. Becoming Focused | |
| 3. Reducing Procrastination | |
| 4. Staying Energized | |
| 5. Utilizing Time Effectively | |
| 6. Ensuring a Bright Future | |
| 7. Having a Reason to Wake Up | |
| 8. Becoming a Better Person | |
| 9. Welcoming Happiness | |
| 10. Gaining Depth in Life | |
| III. Some of our Enemies ----- | 56-67 |
| 1. Blaming Others | |
| 2. Crying Over the Past | |
| 3. Focusing on Irrelevant Things | |
| 4. Following Others' Opinions | |

IV. 6 Important Steps of Goals Setting ----- 68-96

- 1. Define Your Goals**
- 2. Make Them Measurable**
- 3. Set a Time Frame**
- 4. Writing is Essential**
- 5. Balance Your Goals Effectively**
- 6. Answer to Five key Questions**

* Success by Self Development ----- 97-99

V. 8 Important Steps to Achieve Goal----- 100-139

- 1. Know Your 'Why'**
- 2. Keep Your Goals Visible**
- 3. Acquire Knowledge, Skills, and Resources**
- 4. Find the Path to Your Goals**
- 5. How to Take the First Step**
- 6. Find a Mentor or Coach**
- 7. Never Give Up**
- 8. How to Boost Self-Confidence**

* Definition of Success ----- 140-141

* About the Author ----- 143-144

Preface

Everyone born into this world has had to perform some action or another to sustain their lives. A life without action means our life has no direction. Our actions are linked to our thoughts and dreams, so everyone should dream big dreams. Only then can they strive to achieve them.

Everyone sets some kind of goal in life. And if you haven't set any goals yet, be sure to write them down after reading this book. Goals are essential in life; they give you something to work towards and help you improve your life to achieve your desired lifestyle. There are many people in this world who have no goals. They are like a life without oxygen. Even though they feel suffocated, they don't want to break free from this suffocating life. The fact that you've come to read this book means you want to break free from this suffocating life. Just as oxygen is essential for our life, goals are equally important. A comfortable life without oxygen is impossible, just as a good life without goals is impossible.

Some of your goals are small, and some are big. But all goals are essential for a good life. Everyone dreams of becoming a doctor, an engineer, an actor, an industrialist, or an entrepreneur. You must have some goals that you want to achieve. This book will definitely help you write down all your goals and achieve them.

To understand this, let's begin with a story that explains who you truly are, what you are capable of, and what you should have become. The story goes something like this:

Once, there was a lioness living in the jungle, about to give birth to a cub. One day, while she was out hunting for food, she noticed a hunter approaching in the same direction. At that moment, the lioness was not in a condition to fight, so she decided to flee. She ran and eventually reached the edge of a cliff. With no other option, she attempted to jump across the cliff but failed and fell into it, resulting in her death. However, before dying, the lioness gave birth to a small lion cub. The cub, who had just

entered the world, had no idea who he was or what he was capable of.

The next morning, a shepherd passing by noticed the dead lioness. At first, he was scared, but upon closer inspection, he realized that the lioness was dead while her cub was still alive. The shepherd thought to himself, 'I'll take this cub with me and raise it.' So, he took the cub home and raised it as he would his sheep. He kept the cub with his flock at all times.

As years passed, the lion cub grew up, but it learned to behave like the sheep it was raised with. It even started walking, moving, and making sounds just like them.

One day, while the shepherd was out grazing his flock, a large lion appeared and attacked the sheep. As the lion advanced, he noticed that among the sheep was a small lion cub, grazing on grass like the sheep. The big lion was puzzled and thought, 'What is this lion cub doing here?' He approached the young lion, grabbed him, and took him to a river. There, the big lion asked,

'What were you doing among those sheep?' The young lion replied, 'I've been with them since I was born.'

The big lion was shocked by the young lion's response and by how he had adopted the behavior of sheep. The big lion then said, 'Look at yourself in the water and tell me whether you look like me or like the sheep.' The young lion looked into the water and replied, 'I look like you.' But the young lion was still not convinced that he was a lion. He kept insisting, 'I am a sheep, I am a sheep.' The big lion then said, 'You are a lion. Roar like one.' The young lion tried, but instead of a roar, a sheep's bleating sound came out. The big lion encouraged him, 'Try again, try again, one more time.' After several attempts, the young lion finally roared like a true lion. That's when he realized that he was not a sheep but a lion, who had been living among sheep and had become like them.

After this incident, the young lion left with the big lion and began living like a true lion.

Lesson:-

Through this story, I want to tell you that, like the young lion, many of us are living among sheep who will turn us into nothing more than sheep. Because we live with them, we fail to recognize that we are not sheep but lions. Just like a lion lives the life of a king, we too are meant to live a royal life. So, recognize the herd of sheep around you and leave it behind to live like a lion. You have the potential, the capability, and the courage to change your life, to move forward, and to achieve a life fit for a king. Don't worry about where you started; what matters is where you end.

**"It doesn't matter from where you start
but where you finish."**

-by Zig Ziglar

Never dwell on the troubles and difficulties in your life. Instead, focus on how you can overcome them.

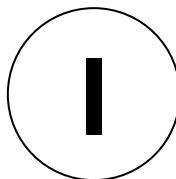
Consider how you can surpass these challenges and move forward in your life, achieving success and attaining the life you've always dreamed of.

Success can be achieved in any field or profession. Even someone with limited education can be successful, all they need is the right mindset, direction, and hard work. By reading this book, you can acquire both the right mindset and direction. All that's left is for you to work hard and apply the knowledge from this book to your life.

"When nothing goes right, so just go on to the basics."

-by Chuck Knox

- To achieve our dreams, we must take action; we should not live a life without effort.
- Goals are essential in life, only then can you work hard towards them, improve your life, and achieve the life you desire.
- Goals are as important as oxygen is for life.
- Understand and recognize the people around you—are you, despite being a lion, living among a flock of sheep?



**Why
People
Don't
set
Goals?**

A significant reason why many people don't set goals is that they're taught from a young age that things in life simply happen and we must just deal with circumstances. This belief fosters a passive mindset where we rely on external circumstances rather than taking control of our lives.

Additionally, fear of failure and rejection, the hesitation to take action due to uncertainty, and the perception that goal setting requires too much effort are some of the common reasons that prevent people from setting goals. Until we break free from these misconceptions, we won't be able to empower ourselves to pursue our dreams.

Before we understand the importance of goal setting, we must first explore why people don't set goals. This includes understanding the false beliefs instilled in people from childhood and identifying the obstacles that hinder progress and goal setting:-

1.

Goals are not Important

The first misconception is that '**Goals are not Important**'. Some people believe that setting goals is a waste of time, but we often forget that we spend most of our time on unproductive activities. You probably know better than I where you spend most of your time. If you can spend your precious time on pointless tasks, why not spend a little of it writing down goals, which are both important and essential?

It's not entirely our fault that we don't understand the importance of goal setting. Neither our parents, teachers, nor society has taught us about it. That's why we've never really known what goal setting is, how to set goals, what the benefits are, how to achieve them, and whether writing goals can actually lead to desired results. You'll find answers to all these questions in this book, but first, it's crucial to understand the importance of goals in our lives.

Writing goals is a significant act. When we write

down our goals, they get imprinted directly on our minds, and we start remembering all our written goals. As we write our goals, they are imprinted on our conscious mind, and then they reach our subconscious mind.

Our subconscious mind then starts showing us ways to achieve those goals. This helps us know what to do and what not to do, which factors to consider, and which steps to take, and when. When our mind is clear about these things, achieving goals and turning our dreams into reality becomes much easier. By understanding these concepts and following the paths shown by the subconscious mind, you can achieve your goals and progress. This has been explained in detail in this book.

- **Writing goals is not a waste of time; it is a productive use of time.**
- **Break the belief that goals are unnecessary, and make sure to write your goals.**
- **Our subconscious mind is so powerful that it can turn any of your goals into reality.**

2.

Don't know how to set Goals

The second reason is '**People don't know how to set goals**'. There are many people in this world who don't write down their goals because they simply don't know how to. They don't know what factors to consider when writing goals, what is important when writing goals, or what the correct way to write goals is. Having this information is essential. Otherwise, it's certain that without knowledge, we'll make some mistakes. And if we don't even know what points to consider, we're bound to miss out on some important things that should be included in our goal list.

Therefore, in the fifth point of the fourth part of this book (IV-5), it's explained how to set goals, the science behind it, what points are essential to include in a goal list, and whether we can also include things that inspire us and motivate us to move forward. This science will also teach you about some crucial things that must be remembered under any circumstances. There might be more points mentioned in (IV-5) that we

may not have known about, but it's safe to say that we will learn about all the important things we need to know when writing goals in the subsequent parts of the book.

Goal lists are created because they provide a well-organized place to write down all our goals, so we never have to wonder what to do next. Writing goals also helps us understand where we want to go, what we want to do, what we want to achieve, what kind of life we want, and why we are on this earth. When we find answers to all these questions, nothing can stop us from moving forward. We need to write the answers to these questions in our goal list, so our mind understands what we need to do. Then, our mind starts suggesting the right advice, direction, and path to achieve those goals. This helps us reach our goals and one day achieve them.

- If you don't know how to set goals, the upcoming chapters of the book explain it in detail.
- Make sure to create a list of goals; it is very important, as it ignites enthusiasm to move forward and achieve something in life.

3.

Fear of Losing

The third reason is '**Fear of failure**'. Fear is a universal human emotion. Some people experience it more, while others less. Fear is actually a sign that we're alive. When it comes to goals, we shouldn't let fear hold us back. Those who fear fail to act. And I know you're fearless.

Some people start thinking about what will happen if they don't achieve their goals before even setting them. Or they worry about what others will say or think if they fail. In reality, your fear of failure is probably quite low. However, the biggest fear you have is probably what people will say. There's a saying, "**The greatest disease is caring what others think.**" If you want to succeed, you must overcome this fear. You need to learn to ignore what people say and focus on your goals. Because people will talk, and your job is to ignore them. Once you learn this, you'll be free from many of life's troubles and able to move forward. Then you'll be able to progress towards your goals much more easily

and quickly.

Someone once said, "People shouldn't be influenced by what others say; instead, you should influence others with your words." If you fail to achieve a goal and people start saying things, just tell them, "**Even if I didn't achieve this goal, at least I tried. You didn't even do that.**" When history is written, "My name will be written among those who tried, and yours will be written among those who stood by and talked."

Don't fear failure; face it and keep trying. When you try, you feel a sense of satisfaction knowing that you did something that sets you apart from the rest.

- The feeling of fear exists within everyone.
- When it comes to goals, we have many fears-such as the fear of not being able to achieve the goals, the fear of failure, the fear of what people will say.
- You must not be afraid; you need to keep trying and continue, because no one else is going to come to help you except yourself.

4.

Fear of Rejection

The fourth reason is the '**Fear of rejection**'. People often fear being rejected when pursuing a goal. This fear stems from the worry about what others will think or how they will react if the goal is not achieved. In our society, many people who haven't achieved their own goals often discourage others from pursuing theirs.

You should not let the approval or disapproval of others affect you. If you want to progress in life and reach the highest level of success, you will inevitably face rejection, and you must accept it. If you read the biographies of any wealthy person, you'll find that they have faced rejections too, and it was only after overcoming them that they were able to move forward in their lives and become successful. Rejections are a part of life, but only those who endure them will achieve success.

If someone says "No" to you, you should simply take a small strand of your hair, blow on it, and

let it go. Because **someone's "No" is not worth even a tiny piece of your hair.** You can also use a piece of paper. Just as we have countless hairs and an endless supply of paper, we can also endure countless "No's." We have unlimited tolerance. So, someone saying "No" should not affect us.

All the great achievers in the world have faced numerous rejections. They didn't let anyone's "No" deter them. They simply continued working hard and believed in themselves. As a result, they became some of the most successful people in the world. I'm talking about people like **Elon Musk, Bill Gates, Dhirubhai Ambani, Jamshedji Tata, and Ratan Tata.**

- If you want to move forward in life and reach the highest level of success, you will face rejection, and you must accept it.
- Every successful and wealthy person in the world has accepted rejections and moved forward; only then have they reached their current position.
- The value of a "no" is not even equal to a small strand of your hair.

5.

Procrastinating in Setting Goals

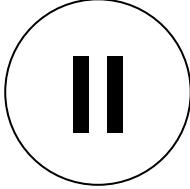
The fifth reason is '**Procrastination in setting goals**'. Some people believe that writing down goals and thinking about them is a waste of time, but that's absolutely not true. If it were, no one would know about "John Goddard," whom we'll discuss in detail later.

Writing down goals and thinking about them consistently saves us time. When we do this, our mind understands what it needs to do, how to do it, what steps to take, and what tasks to do or not to do. Your mind gets all this information. If you have answers to these questions, your mind will start showing you different ways to achieve that goal. So, imagine if you don't write down your goals and don't think about them. You'll be missing out on all these things. And if you keep procrastinating like this, how will you ever reach your goal? **How will you turn your dreams into reality and live the life you want?**

Some people are so lazy when it comes to setting goals that they'll say things like, "Why bother," "There's no need to set goals," or "Setting goals doesn't achieve anything." However, it does achieve a lot. It's been observed that people who earn more money are always more energetic and know what they need to do, unlike those who earn less. So if you want to earn more money, you need to become more energetic.

If you're lazy, **how will you take the first and most important step towards your goals?** How will you achieve your goals if you remain lazy? Therefore, you must overcome laziness and move forward. Don't procrastinate on setting goals. Set goals, work on them, and progress.

- If you procrastinate in writing and achieving your goals, you will never reach them.
- Leave laziness behind, get up, move forward, and stop making excuses.
- You need to be more energetic to accomplish your goals.
- Stop procrastinating today and achieve success in life.



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**Why
Goal
Setting
is
Important**

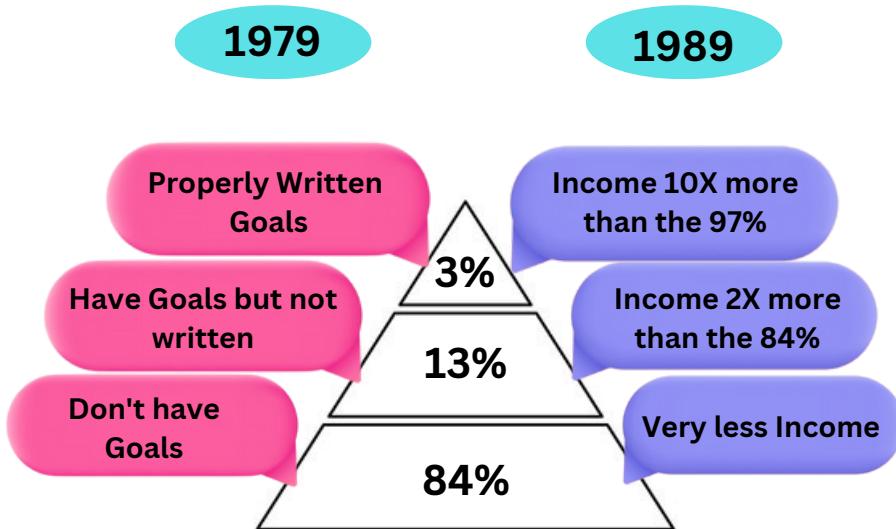
Benefits

Let's understand why goal setting is important in our lives. If you want to progress in life, you first need to know what you want to achieve in your life, and that's what we call a "Goal." A goal is an objective that fulfills all your desires and needs and provides you with satisfaction. Your goal could be to earn more money, buy an expensive car, buy a big house, or gain respect. Goals can be anything.

Goal setting is very important in our lives. If we set goals in our lives, it elevates us a little above our ordinary life.

Once, a survey was conducted at Harvard Business School. Students were asked what they wanted to be in their lives or what they wanted to achieve in their lives. The answer was shocking because most of the students replied, "I don't know." This meant that most students did not know what they wanted to do in their lives, but there were some students who knew what they wanted to be. This survey was conducted in 1979, and ten years later, in 1989,

when the same students were asked about their income, the figures were surprising.



Goal-Income Triangle

During the survey, it was found that 84% of the students had no goals in life. These students never set any goals, which is why they are leading a simple life and earning a simple income.

However, the 13% of students who knew what they wanted to do in their lives earned twice as much as those 84% students. But even these 13% students were living a simple life. They knew their goals, but they never wrote them down anywhere, which is why their goals kept changing from time to time.

On the other hand, the 3% of students who wrote down their goals and read them repeatedly had all their goals imprinted in their minds. These 3% of students are earning more than 10 times the other 97%. These 3% are earning 10 times more money simply because they wrote down their goals and worked on them.

So, should we say that these 3% of students who are earning 10 times more are lucky or that they have good fortune or a good horoscope, or that their birthplace, birth date, or birth time is auspicious, which is why they are earning so much? Nothing like that. These 3% students have reached where they are because of their written goals and positive thinking.

The very first step to achieving success is '**Thinking**'. This means that if you want to succeed, you must first think about your goals. You need to think about what you can do to achieve your goals, whether you can work harder than anyone else, whether you are willing to take risks for your work. You have to think about all this.

Because everything starts with thinking. When you start thinking, you also start creating paths to achieve it. You just need to keep these things in mind once. Our brain has so much power that if we use its power correctly, we can achieve anything with its help, no matter how big the goal. When we read our written goals repeatedly and think about them repeatedly, our powerful brain starts showing us many new ways to make that goal a reality, making it easy for us to reach the goal.

Once you have decided what your goals are, you need to gather complete information about your goals. To gather information, you can consult an expert who has achieved a lot in their life.

If you seek advice from someone who doesn't know how to achieve that goal, they may give you wrong advice that could hold you back. So, before taking advice from anyone, know them well enough to determine whether it's right to take advice from that person or not. **Will that person's advice take you forward?**

Choosing the right advisor is in your hands. If the advisor's advice is helping you move forward, then the advisor is right, otherwise wrong.

By looking at your goals and thinking about them constantly, your mind becomes focused on one place, which helps you move forward.

Our brain is the most powerful machine in the world, which helps us the most in achieving any of our goals. We just need to know how to use it better. And perhaps that's why our brain is also called the **"Automatic Goal Achieving Machine."**

So, if we focus our mind on anything, we can attract whatever we want in our life.

Let me tell you about a person named **Sneh Desai**, who is a life coach and a business coach. When Sneh was 17 years old, they spent four days alone, writing down their 101 goals in one place. Sneh would read these goals several times a day and visualize them as if they had already been achieved. They did this every day and also worked towards achieving those goals. And then, after nine years, when they were 26, they had achieved 99 out of their 101 goals. So, if you want to achieve success in your life and fulfill your goals, you should also write down your goals like Sneh Desai and read them many times (throughout the day) and visualize them as if they have been achieved. And to achieve your goals, you will also have to work hard because nothing comes for free. I'm not talking about money, I'm talking about hard work. With hard work, you will be able to achieve your goal. You must have faith that you will definitely be able to achieve your goal, and this faith should not break under any circumstances. Because if faith is broken, it will be very difficult to achieve the goals, and it will act as an obstacle in the path of your goals.

Another Examples:-

Once upon a time, there was a person walking on the road. And the wind was blowing in the same direction as he was walking. So, the wind was blowing his long hair into his face. Annoyed by the wind, the person changed their direction and started walking against the wind. Now his hair was no longer coming onto his face. Why did this happen? Why did the person change their direction? The person changed their direction because they didn't know where they were going. The person had no goal. If they had a goal, they wouldn't have changed their path. If they knew they had to go somewhere, they wouldn't have changed their direction and kept moving forward.

You should definitely figure out your direction and stop wandering. That's why you should write down your goals and keep them in mind. If you don't, you'll just keep changing your path like that person and never reach your goals. So, set goals. Be determined to achieve your goals, no matter what difficulties or obstacles come your way, they shouldn't stop you.

These difficulties and obstacles are temporary, meaning they only come for a short time. These obstacles and difficulties come to test whether you are determined to achieve your goals. Some people give up in the face of these difficulties and become scattered, while others fight these difficulties and emerge victorious. The choice is yours: **Do you want to be scattered or flourish?**

So, take these difficulties as an opportunity, keep working towards your goal, and keep moving forward. There's a saying, "A ship is safe in harbor, but that is not what ships are built for."

People who try may fail if they are trying in the wrong direction. To win, you have to make the right decision at the right place and at the right time, and you have to work hard in the right amount. So keep trying, keep working hard, and be ready because your goal could be achieved anytime and success could come to you anytime.

Some people say, 'We are trying our best, but nothing is working.' This means you are trying in the wrong direction or in the wrong way. 'The results you have gotten so far are because of

what you have done so far, but if you want different results, you will have to change your approach.' Japan is the best example of goal setting. After World War II, Japan's condition became very bad because two nuclear bombs were dropped on the country on August 6 and 9, 1945. Due to this, Japan's condition became very bad. Despite this, Japan set a goal that within the next 10 years, it would become the world's number one producer of textiles. Similarly, Japan set some goals every ten years and achieved them.

For example:

- From 1950-1960, in textiles.
- Then from 1960-1970, in steel.
- Then from 1970-1980, in automobiles.
- Then from 1980-1990, in electronics and computers.

In this way, the people of Japan kept setting goals and achieving them. As a result, Japan is the most developed country in the world today. So, if people from a country that was devastated by nuclear weapons could do this, why can't you? All you need is the right thinking, the right direction, the right amount of hard work, courage, and passion."

Benefits of Setting Goals

1.

Getting the Right Direction

If you get the right direction and the right person in life, then the condition of life becomes right. Here we will talk about the direction of goals. When people set goals, they get a right direction. This direction, if we follow it continuously, will help us a lot in moving forward. When we write goals, we spend at least a few days on it, due to which we get our goal and our mind gets focused on those written goals and once the mind gets focused, its internal motivation increases. Then no person needs any external motivation. Internal motivation is more powerful than external motivation. And once this thought arises from within a person that I have to fulfill my goals, then he will not need any kind of motivation and no power will be able to stop that person from moving forward or from fulfilling his goals. All that is needed is a right direction. Your mind will try its best to stop you in the beginning but when it realizes that it is your determination to achieve your goals, then your mind will help you completely in achieving your goals and making them a reality.

2.

Becoming Focused

One of the many benefits of goal setting is 'focus'. When our mind is focused on goals, it does not have to wander. Due to which it starts trying to accomplish those goals as quickly as possible. When the mind is focused on one thing, it does not have time to give time to anything else or think about any unimportant work. To focus on one thing, you have to remove every little thing that is taking your attention away. You have to give up such things or such people. When you think about something repeatedly and continuously and also keep working towards it, then you start attracting that thing and by turning it into reality, you achieve it. There is a saying that "A person becomes what he thinks." This means that if a person keeps bringing wrong thoughts in his mind, then it does not take much time for that person to become wrong. Therefore, keep your mind filled with positive thoughts, be surrounded by positive people and keep your mind focused on your goals, due to which one day you will also become like that and your goal will be achieved.

3.

Reducing Procrastination

Procrastination has become so prevalent nowadays that people are constantly trying to avoid work. Goal setting helps focus our minds on those goals, gradually reducing and eventually eliminating procrastination. Our minds then stop dwelling on other things and constantly encourage us to keep moving towards our goals, which is a positive step for both us and our goals.

However, some people nowadays have changed the saying about time management in their lives and are adopting a wrong saying:

**"Do today what you can do tomorrow, do tomorrow what you can do the day after;
What's the hurry?, You have years to live."**

How do you know you will live for years? Do you have a life certificate that guarantees you will live for years? Just assure me that you will be alive until the next second. People who adopt this saying never progress in life because they procrastinate a lot and never achieve their goals.

On the other hand, people who adopt the real saying become very successful in their lives and do not procrastinate in any work.

The real time management saying is something like this:

**"Do tomorrow's work today, do today's work now;
The moment of death can come at any time, when
will you start?"**

This couplet teaches us that we should not postpone our goals. Whatever we have to do tomorrow, we should do it today, and whatever we have to do today, we should do it now. Life is uncertain, and the moment of death can come at any time, meaning our life time can end at any time. If we keep postponing our goals and tasks for the future, we may never get a chance to complete them. Therefore, whatever goals you have set, you should definitely try to complete them on time, because there is no point in regretting later."

4.

Staying Energetic

We set goals to improve our lives, which gives us a high level of motivation, which our brain gives us. When we are loyal to our goals and are determined to achieve them, we automatically start feeling energetic. And if you have immense energy, you will keep working continuously towards any of your goals. A less energetic person earns less but a more energetic person earns more. Therefore, if you want to earn more, you will have to always keep your energy level high. Otherwise, due to less energy, you may miss a golden opportunity. Energy is the biggest contributor not only in earning but in doing every work at every turn of life.

To remain energetic, keep motivating yourself and fill yourself with positive thoughts. Try to spend more time with people who are more energetic and who have achieved a lot. A more energetic person will also be more energetic and will tell you ways to have more energy, which will greatly help you in becoming and staying energetic.

5.

Utilizing Time Effectively

After setting goals, we develop the qualities mentioned in the above four points. When we have all these qualities, we are automatically able to use our time in the right way and at the right place. Due to which we will be able to spend most of our time in achieving our goals. More and right production of time helps us reach our goals quickly. To make the right production of time, you will first have to learn about time management. By learning time management, your time will not be wasted in doing any other useless work. It will take some time to leave the work you have been doing earlier because earlier you did not have goals but now you have goals, so by removing your attention from your earlier useless work, now you have to think about your goals and work for the goals. Proper production of time means that you are spending most of your time in achieving your goals. And when you start doing this repeatedly and continuously every day, then you are sure that your goals will definitely be achieved. Making the right use of time is only in your hands so use it properly and achieve every goal of life.

6.

Ensuring a Bright Future

Almost all the people who write goals write to improve their life or that of their family or society. The purpose of writing goals is only one and that is "development". Everyone wants development in some thing or the other. And this development helps in improving their future. Due to which you get a better life. Who does not wish for a good future and a good life. But only a few people get this and such people have their own written goals and have determination and a strong desire to achieve the goals as soon as possible. And such people do not stop working hard in the right direction, and such people imagine being successful in advance. Due to which such people get all their set goals on time. Not only you but many people are wishing for your good future and I am also doing it. Therefore, when you become successful, it makes not only you but many people happy. Your goals help you a lot in getting a good future. I don't have any expectations from you but I am completely confident that you will have a good future and will definitely bring some special changes in your family, society and country.

7.

Having a Reason to Wake Up

Nowadays people feel very short of time, nobody knows when the day has passed, and some people say how did two-three hours pass, I have just picked up the mobile half an hour ago. They do not even realize that they were so busy with the mobile, that two-three hours have passed. When you wake up early in the morning, you have a bigger day and you can use this big day more than the rest of the days. In the morning both the body and the mind are fresh because they get a sufficient amount of pure oxygen and at night the level of oxygen also decreases. The amount of work you can do in one hour in the morning, you will be able to do the same work in three hours in the afternoon. When you have goals, then the goals themselves help you to wake up early in the morning. Because of the goals, you get a reason to wake up early in the morning, a reason that helps you to become successful. By waking up early in the morning, we can achieve our goals quickly even in the extra time we have. By waking up early in the morning, your mind becomes calm and focused, which helps you take a successful step towards your goal. So, wake up early in the morning and take a great step.

8.

Becoming a Better Person

When we decide our goal and focus on it, then you are ready to take the right decision in any situation. And that will improve your family and social behavior, which will make you a good person. If you want to rise in the eyes of the world, then first you have to rise in your own eyes. When you write goals or think about them repeatedly or are focused on goals or work continuously towards your goals or think positively or help others, then all these things start to make you rise in your own eyes. Goals make a person wise and a responsible person. Because of which you become a good person in your own and the world's eyes. Sometimes it also happens that you are right in your own eyes about some work but at that time you may be wrong in the eyes of the world, then you do not need to change because of the world. You just keep doing your work in your own way, if that work is really right and it is not harming anyone then you should definitely do that work. There is no need to stop such work.

9.

Welcoming Happiness

After setting goals, when the qualities mentioned in the above eight points come into you, then happiness starts coming to you automatically. As you start fulfilling your goals and after completion, when you mark "✓" in front of that accomplished goal in your goals list, you will get immense happiness. And when you mark in front of a goal, it will inspire you that now the second one can also be achieved and when the second one is achieved, it will inspire you for the third one. By doing this, one day you will complete all your goals. Then you will not need to look for external happiness because your accomplished goals will give you lots of happiness. With the completion of goals, happiness will also start doubling and tripling. And along with you, others who are waiting for your goals to be accomplished will also become happy just by seeing your happiness. And who doesn't want happiness? The biggest thing to be happy about is that happiness is coming on someone else's face because of you and when happiness comes to someone else because of us, then our happiness gets multiplied.

10.

Gaining Depth in Life

Having goals deepens our thinking. What you become in your life depends entirely on your thoughts. Because whatever we think, we become one day. Therefore, if you want to change, first change your thinking. And most importantly, you must have faith in yourself that you can achieve anything you want. Always remember that the world will never trust you; it will want you to stay where you are. But if you don't trust yourself, then how will it work?

They say that birth and death are not in our hands, but between birth and death is life, and how to live this life is in our hands. It is said that we have control over our lives; we can run it the way we want. We can take it in whatever direction we want. Now it is up to you whether you want to take it in the right direction or the wrong direction. There is no difference between the outside world and our inner world because as we think, the world appears to us in the same way. So if you want to change the external circumstances, you must first change your internal circumstances.

If you look at a person with suspicion, no matter how right that person is, you will keep suspecting them. If you are getting negative results in the outside world, it means that your thoughts are somewhere negative. If you want to be happy, you have to fill yourself with good thoughts. When you look at this world with a good perspective, this world will seem no less than heaven to you.

According to Sanatan Dharma (Hinduism), Lord Vishnu resides on Sheshnag (the cosmic serpent), and Goddess Lakshmi is at His feet. Here, Lord Vishnu symbolizes good thoughts and actions, Sheshnag represents bad thoughts, actions, and words, and Goddess Lakshmi is the goddess of wealth. This means that when you rise above your bad thoughts and actions and embrace Lord Vishnu, or good thoughts and actions, Lakshmi, or wealth, will automatically come to you. As a result, you will naturally become rich. So, fill your mind with good and beautiful thoughts, which will attract good circumstances into your life.

Whatever difficult circumstances we face in our lives are only there to test us, to see if we deserve what we want.

If you face those circumstances bravely and overcome them, then you deserve what you want. When you become worthy of something, nature tries to get it to you as soon as possible. However, the most important thing is that you must first become worthy of that thing. Only then can you achieve it. If you want a lot of money in your life, you must first become a person worthy of that much money. To become a person worthy of that much money, you will have to acquire that much knowledge, you will have to become a person of that much money through your thoughts, you will have to know the value of time, you will have to work that hard to earn that much money, you will have to spend most of your time earning that much money, only then will you be able to achieve your goal of that much money. If your thinking is big, then you will have to work harder and gain more knowledge. One thing to know is that hard work alone is not enough, you have to use your intelligence the most.

Let's understand this through a story. There was a farmer in a village who farmed and supported his wife and son.

After a few years, when the farmer became old and his strength began to wane, he told his young son to take care of the farm from then on. The son agreed. But when the son reached the field the next day, he saw that there was no source of water there. After thinking for a while, he thought of digging a well. So, he went home, brought tools, and started digging a well (near his field). But even after hard work for a few days, he didn't find any water in the well. So, he started digging another well at some distance and after many days of hard work, unfortunately, he didn't find any water there either. Then he started digging a third well at some distance, but he didn't find any water there either. Then he told his father about it, and his father said, 'Son, if you had dug as deep as the three wells you dug in one well, you would have definitely found water.' The lesson here is that if you want to succeed in something, you have to go deep into it and think deeply about it, and also work on it, only then will you succeed one day. The first step to success is thought. To be successful, you need correct and excellent thoughts. Just as if you sow the seed of a plant, you cannot get a tree. If you have sown the seed of a bitter gourd in your garden

you cannot expect the fruit of a mango tree. Similarly, good thoughts bring good circumstances in life.

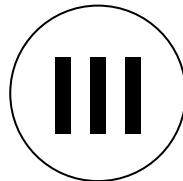
This means that thoughts are like seeds that you sow, and actions are the flowers that bloom from those seeds. The fruit that grows from these flowers of action is called happiness or sorrow. And it is from this that your growth or decline occurs.

This means that the choice between growth or decline is entirely in your hands. And growth is the nature of man, and it is entirely up to you whether you develop goodness by bringing good thoughts into yourself and remain happy, or develop evil by bringing bad thoughts and remain unhappy.

With bad thoughts and bad actions, you may find happiness for some time, but later you will have to face disappointment, frustration, and sorrow. But you can never be unhappy with good thoughts. Good deeds may cause you some temporary sorrow due to certain circumstances, but later you will continue to reap the fruits of immense happiness.

It is true that a man is the master of his thoughts, he makes himself and breaks himself. And man is the creator of his circumstances, environment, and destiny. As your thoughts will be, so will be your circumstances, your health, and your character. If you are not satisfied with the circumstances coming into your life, then surely you need to change your thoughts, only then will you be able to attract the circumstances you desire.

If you are satisfied with your circumstances, then you do not need to change your thoughts. So first try to find out if you are satisfied or not. For this, you will have to give yourself most of the time and during this time you should not have anyone, no person, no mobile, or anything else that can distract you. Then you have to ask yourself a question, **"Am I satisfied with the circumstances coming into my life?"**



Some of Our Enemies

1.

Blaming Others

One thing has become very common in this world, and that is '**blaming others**'. Many people are always blaming others, even if it's their own fault. If anything goes wrong in their lives, they never hesitate to blame others. For example, they might say, "He did this to me," "Why does God do this to me only?", "Why are there so many hardships in my life only?", "I can never be happy because of him," "Why do people always trouble me?" **If you keep blaming others like this, how can you move forward in your life?** To move forward and lighten the burden on your heart, you have to learn to forgive others because the successful ones in the world are those who know how to forgive. Your focus should be on your own goodness, not on the mistakes of others. Instead of blaming the person who has done wrong to you, forgive them and move away from them. If the other person realizes their mistake, they will come and apologize themselves. Even if the mistake is someone else's, you can apologize. Apologizing doesn't make a person small, but it will increase your respect in the eyes of others.

Stop blaming others and stay away from people who are taking you away from your goals, who are stopping you from achieving your goals, who are giving you wrong advice, who are telling you to do wrong things, who are trying to mislead you. If there is any such person in your life, then you should stay away from them forever because such people will only pull you down. Such people have a mindset that neither will we rise nor will we let anyone else rise.

Once upon a time, there was a village. There was no electricity in it and there were about a hundred houses. So people were used to living without electricity. Now if they wanted light in their house, they would have to go to the city and buy a lamp from there. But due to laziness, no one wanted to go. One person from one house went to the city and bought a lamp from there and put it in his house in the evening. So there was light in his house. And there was still darkness in the houses of the rest, the people of the rest of the houses did not have any problem living in darkness because they were used to it but when there was light in one house and darkness in the rest, people started to have a lot

of trouble. Now they had two options, either the people of 99 houses should also go to the city and buy a lamp for themselves, or they should extinguish the lamp of that one house. Lazy people always want the easy way. It is difficult to light your own and easy to extinguish others. You must have also understood that either 99 would be lit or one would be extinguished.

Lesson:

Difficulties will come in life but you have to fight and win those difficulties. You have to learn to ignore people and do something different from the thinking of the world.

- If you want to be successful, you must stop blaming others.
- Always remember that people find it difficult to light their own lamp but easy to extinguish someone else's. That's why, instead of lighting their own, they will try to put out yours.
- Stay away from those who are pulling you away from your goals.

2.

Crying Over the Past

Besides blaming others in this world, people also tend to '**blame the past**'. When blaming the past, people often say things like, 'I was born into a poor family, if I had been born into a rich family, I would have done something in my past that would have made my life better today.' 'If I had studied along with having fun in my childhood, I would be something else today.' 'If I had money to study, I would have become something.' 'If God had not given me so many shortcomings, I could have done something in the past.' 'If my hand had not been broken in that accident, I could have used my hands well and done something in my life.' Or, 'That day was not good for me, so I missed a golden opportunity.' Stop making such useless excuses and focus on your today and your tomorrow. Because those who make excuses can't do anything in their lives, and those who don't make excuses fight against those circumstances in that field and move forward. Forget what happened in your past. Always think about moving forward in your life so that one day you can become an example for the world.

Understand this using Example-

In the Ramayana, when Sita was abducted by Ravana, could Lord Ram change what had already happened? No. And if He had changed it, the war wouldn't have happened and many innocent lives would have been saved. In the Mahabharata, when Draupadi was disrobed, could Lord Krishna change it? No. And if He had changed it, a war like the Mahabharata would never have happened and many lives would have been saved.

If even God couldn't change the past, do you think you can? If God didn't dwell on the past, why are you? You can't change even a little bit of your past, but you can completely change your today and your tomorrow. Just focus on what you can do today to make your tomorrow better. When you start investing in your today, you can get a very big return in the future. Just invest in the right things. Just think about how your life and your family's life will be in the next five or ten years."

- Stop crying over the past and focus on your present.
- Stop making excuses and do something that sets an example for the whole world.

3.

Focusing on Irrelevant Things

When people start a new task, the first thought that comes to their mind is why they shouldn't do it. This thought either comes to their mind on its own or the world is always there to tell you why you shouldn't do that task. If the new work you're going to do is beneficial to people, then people won't hesitate to encourage you, they will keep asking you if the work is done or not. But if it doesn't benefit them, the world will never let you do that work. Those people will tell you wrong things so well that you too will feel that maybe they are right and you will give up on your goals because of their words. Therefore, the more distance you keep from such people, the more you will be able to move forward without stopping and achieve your goals.

People will also tell you that you don't have these things, so how will you be able to achieve your goal. So you will also feel that they are saying the right thing.

If I don't have things, how can I achieve my goals? Thinking like this, you will be disappointed and give up on your goals. If you don't have those things, you can try to collect those things by doing some other work and when you have collected the things, you can start moving towards your goals.

There are many people whose attention first goes to the things they don't have, their attention doesn't go to things that they can use to collect those things they don't have. Be thankful to nature for what you have because what you have, many people may not have. You should never think that a person has reached a high position because he had enough things or because he had someone's support. He has been able to move forward in his life only by using his hard work and intelligence.

Stop making excuses that you didn't have time, you didn't have enough things, or other people were discouraging you or we don't know so much about it. Stop making such useless excuses

because people have never risen from these excuses, it has only led to their downfall. Your focus should not be on your shortcomings but on the many qualities you have. When your focus is on your qualities, your shortcomings will disappear on their own. And by focusing on your qualities, you can bring the things you want into your life.

- Focus on things that can help you achieve your goals.
- Whatever resources you lack, you can acquire by doing other work, and then take your next step toward your goals.
- Stop making unnecessary excuses and get ready to accomplish your goals.

4.

Following Others' Opinions

The biggest loss in the world is due to '**people listening to others**'. Before starting any work, people start thinking what people will say if they do this work. Many people came into this world, they had new ideas that let's do it this way or that way but then the thought came to their mind that what will people say. People had millions of ideas, which died with them, people did not use them because they were worried about what people will say. You must have heard a saying "**The biggest disease is what people will say**". If you listen to people and even work on it, you will never be able to move forward in your life. Every person on this earth is born intelligent, but his thinking ability changes due to the circumstances in his life, either because of the family, or because of the wrong education of teachers and narrow thinking or because of the people living in the society. When you are living with small minded people since childhood, then your thinking will also remain small, so expand your thinking and stay away from those people who try to bring you down and stop listening to others.

Example-

There were some frogs who were jumping and moving forward and going somewhere. While all the frogs were jumping a certain distance, some of them fell into a deep well. It was a bit difficult to get out of it because the well was deep. Now, all the frogs that had fallen into that well started trying to get out. They tried very hard for a while but then all the frogs gave up trying after a while.

One frog tried for 5 minutes, another for 10 minutes, and then gradually everyone gave up, thinking that it was impossible to get out of this well, but one frog kept trying and after a little hard work, he came out. When he was trying to come out, all the frogs standing outside kept telling him that you can't do it, you will never be able to come out, you will die there, why are you trying in vain. But when he came out after a lot of effort and hard work, everyone was shocked and everyone started asking again and again how did you do this? When everyone tried to ask and talk to him, then everyone came to know that the frog could not hear (the frog was deaf).

While the frog was trying, it seemed as if the frogs standing outside were telling him that you can do it, you can come out, you have so much courage and strength that you can come out.

Lesson:

The lesson is that when people say anything negative to you, you should not listen to them, just ignore them. And think that people are motivating you to move forward, boosting your morale, and increasing your courage. Adopt these things and achieve success in your life.

- Don't become the person who had ideas but never acted on them because they worried about what others would think, and one day left this world without realizing their potential.
- You must also learn to ignore what people say and think as if they are motivating you to move forward.

IV

6 Important Steps of Goals Setting

1.

Define Your Goals

We do many things in our lives every day, some of which are important and some are not. I'll tell you one important thing that you should do every day, and that is to work towards your goals. For that, it is also necessary for you to have goals. You must have read in chapter II(2) of this book how important goals are.

Setting goals to achieve your dreams is the first and most important task. For that, it is very important for you to know about your goals, what you want. You will have to keep gathering information about your goals. And during this process, you should never be arrogant that you have learned everything and I don't need to learn anything anymore. If it ever comes to that, then understand that you need to change because no one can be omniscient. Omniscient means knowing everything. You can be knowledgeable in something but you cannot be omniscient because you understand the things you know at your level

of thinking and your level of understanding, you understand according to your perspective. Sometimes you will have to take advice from others and then you will also have to think about that advice, whether this given advice is right or wrong? Will this advice be effective or not? It is up to you to choose what is right and what is wrong. Whatever information you get related to your goals and from wherever and from any person, you will have to take that information. Only then will you be able to move forward. Write down the information you have gathered in one place and read it daily and if you ever feel that the information is insufficient, then collect more information and even if you have to give anything to get that information.

Let's understand with some Examples:-

Let's say you've written in your goals list, "**I want to build a beautiful house in a beautiful place.**" Just writing this much won't be enough. In addition to this, you also have to write where your house will be built, what your house will look

like, where and how my and my family members' rooms will be, there will be a beautiful garden in front of my house, the gate of my house will be like this. You can write more things according to your liking. In this way, you will have to collect information about your goals. You can get information from many places for this. You can also take the help of your family members in this.

Suppose you have written in your goals that you want to "**Buy a big car**". Just that much will not work. You also have to write what kind of car you want, what color it should be, what features it should have and in which car you can get all these features, what is the name and price of that car, everything will have to be written.

In this way, you have to get complete information about your goals and also write it in detail. And you also have to determine what kind of work you can do to achieve it. By writing in such detail, your mind gets a clear idea of what you want, for which your mind starts showing you the way. With which you can easily achieve it.

From the examples given on the previous page, you must have understood that you need to keep gathering information about your goals and not stop. You can use that information to improve yourself. There is a saying, "Those who stop improving start deteriorating." So keep making necessary changes in yourself as time changes. You don't need to change yourself too much in one day.

You just need to make a 1% change in yourself every day, and then in 100 days, you will change 100% and by doing so, your life will be 5 years ahead of others. Then you will realize that you have become very different from others, your way of thinking has changed, your perspective on life and yourself has changed, your behavior, your character, your ability has changed a lot.

If you want to achieve your goals, you will have to improve yourself. By improving yourself every day, you will feel proud of yourself every day and you will be able to proudly say, "My today is better than yesterday." This continuous self-improvement will be very useful to you in your future life.

What are your goals? You should know it clearly and if you don't know, then take at least 5-6 days and during those days you stay alone and sit and think deeply about what you need to improve your life. In these 5-6 days, just ask yourself this question, "**What do I need to improve my life?**" Don't ask this question to anyone else because this is your life, you have to improve it yourself, so you have to ask the question to yourself. Then whatever answer you get from your mind, write it down somewhere and read all those written goals at least three times every day. By reading repeatedly, you will remember the goals and when they start running in your mind day and night, you will increase your effort to achieve it quickly and you will be able to achieve that goal and according to your goals, whatever life you want, you will also be able to get that kind of life.

- Setting goals to achieve your dreams is the first and most important step.
- You can be knowledgeable about something but never omniscient.
- Deeply understand your goals and write them down in a goals list.
- Self-improvement will benefit you greatly in your future life.

2.

Make them Measurable

Some people have a tendency to ignore many things in their own lives, things they don't bother to know or think about. They just assume these things will happen to them. Without knowing, without thinking, without doing anything, how can you expect to get something? You have to work hard for it. Small goals require less effort, while big goals require more effort.

Importance of Numbers in Goals-

Let's understand this with a few examples. Suppose you have written in your goals list that "**You want to build a house**". I have told you about the place and what will be in front and behind it in the previous point, but along with that, you also have to decide and write how long and wide your house will be, how many rooms it will have, how many bathrooms it will have, how long and wide the rooms should be, how many stories the house should be. You have to write all this. If you can write more than this, it is even better. You have to decide on a specific number.

For example, suppose you have thought that "**I want to become very rich**". Just that much is not enough. You also have to decide and tell your mind how much money you want to earn. You thought that "you want to become very rich" but this does not tell how much money you need, so for this, you have to think of a fixed amount of money. You have to tell yourself that if I earn this fixed amount of money, then I will understand that I have become rich. The money goal you have set will depend on the fixed amount of money you have set, only then will your mind and you know whether your goal has been achieved or not. You have to decide on a specific number.

Let's say you've decided that "**You need to gain or lose weight.**" Just saying that doesn't tell you how much weight you need to gain or lose. So you have to set a number, say, "I need to gain or lose X kilograms." That way, your mind will know exactly what weight you need to reach. You have to set a specific goal, only then will you know if you have achieved your goal or not. You have to decide on a specific number.

Let's say "**You want to buy cars.**" This is your goal. Along with that, you also have to think and decide which cars you want and how many cars you want, how big the car should be, how many seats the car should have. You have to decide on a specific number.

When you go into depth and gather information like this, your mind understands what you really want. Then the mind also starts creating a picture of it and starts creating ways to achieve that goal. Your mind starts telling you what things you can follow to achieve your goals. And the day your first goal is achieved, a new kind of energy will start flowing in you and your self-confidence will also increase and then a voice will come from within you that if you can achieve your first goal, then you can also achieve your second goal and then the third goal as well. And by doing so, you achieve all your goals and achieve success.

So write down your goals first and be sure to set a specific number in them and then start trying to achieve all those goals and get the life you want. My prayers and best wishes are with you.

- You must set a specific number for your goals.
- How will you know you have achieved your goal until you set a number?
- Achieving your goals will also boost your self-confidence and help you move forward and overcome obstacles along the way.

3.

Set a Time Frame

You'll find many people in this world who wander aimlessly, not knowing where to go or what to do. Like the story I told you about the person who had no goals, so they just went wherever their heart desired. I'm sure you don't belong to that category, and if you did, you wouldn't be reading this book. And you would stay away from people who have no goals in life and you would devote every second of your life to work.

In the initial stages, you will need to work very hard, which may cause you a lot of trouble. But these difficulties will help you move forward and make you stronger. So stop being afraid of difficulties and giving up in front of them and just focus on moving forward. The one who bows down in front of difficulties is weak, so make yourself and your mind so strong that the coming difficulties will automatically break down in front of you.

When you write your goals, you also have to write

the time along with it, how long you can achieve that goal. For this, you have to set a time frame for when you want to achieve those goals. You will have to mention the date, month, and year in time. So that your mind knows how much time you have left to complete a goal.

For example, suppose you want to buy a car, then you must set a specific time for that particular car, on what date, in which month, and in which year you want to buy this car.

For example, if you think that my net worth should be so much, then also set the date, month, and year for it.

For example, if you want to go to a beautiful place or travel to another country, then you also have to set the date, month, and year for it. For small goals that can be completed in one or two days, you have to set minutes, seconds, and hours.

If a goal is small, you'll need to set a shorter time-frame, but if the goal is big, you'll need to extend

the deadline for achieving that goal. For example, let's say your goal is to have 100 crores. For that, you'll need to give yourself at least 5-8 years. If you're just starting out, you'll need at least 6 years or more. You can achieve your goal before the deadline. If you give a short time for a big goal, there's no problem, but if you can't achieve that goal in that short time, your self-confidence will decrease and your mind will start believing that if you can't achieve this goal within the deadline, then you won't be able to achieve any goal within the deadline, so don't let such a situation arise. Be sure to extend the deadline for big goals. If you achieve your goal before the deadline, it will certainly boost your self-confidence, which will help you achieve more goals and encourage you. This will motivate you to move forward even faster. Your productivity will also increase. As a result, you will be able to achieve other goals even before the deadline. As your goals start getting completed on or before the deadline, happiness will also start increasing in your heart. So while setting goals, don't forget to write down the time, otherwise you won't have that speed and enthusiasm to complete it.

Let's understand this with an example -
Nowadays, there are some students who don't study anything for a whole year and even if they study, they do so very slowly. As soon as they find out that the exam is next month, their speed increases a little. Then after a few days, when they find out on which day the exam is, the speed increases a little more and when it is found out that the exam is tomorrow, the speed of studying is the highest.

Similarly, there is also the importance of writing time with goals. When the time is fixed, the speed is the highest. And if it happens before the deadline, you also have time to evaluate whether the goals have been achieved correctly or not. You yourself have to evaluate your goals and you yourself have to tell yourself whether you have done it well or not. And you have to give the correct answer to this, only then will you truly be called a winner.

- **For big goals, you need to mention the date, month, and year.**
- **For small goals that can be completed in a day or two, you need to set minutes, seconds, and hours.**
- **When a time is set, the speed of completing goals is the highest.**

4.

Writing is Essential

Most people in the world think that once we've thought of our goals, that's enough. We don't need to waste time writing them down. See, you do so many things throughout the day that waste your time and those things don't really matter in your life. When you can spend time on such things, why can't you spend a little time on something that's important (writing down goals)? When you write down your goals, it means you're also writing them down in your mind. And it's also important to read those written goals two or three times every day, so that you remember them. Until you write down your goals yourself and just keep them in mind, you will definitely forget them after some time because forgetting is a natural disease that everyone has.

Spend 5-6 days writing down goals and sit alone and think and write. Some goals will be small, and some goals will be big. There are two types of goals: Short-Term Goals and Long-Term Goals.

Short-Term Goals (STG), where you write down your small goals that can be achieved in a short time. You don't need to work very hard to achieve such goals. Achieving such goals doesn't give you a big success, but it increases your self-confidence very quickly because they are completed in a short time and easily. In short-term goals, you can also write down the small steps that will help you achieve your big goals in the future. In short-term goals, you can write about buying good clothes, good shoes, or a good mobile phone or laptop along with a deadline. In this, you can also write daily goals to complete.

Long-Term Goals (LTG) are where you write down your big goals that can only be achieved over a longer period. Achieving such goals requires a lot of hard work and it is very important to have patience. Having long-term goals is very important because if we are not able to achieve our long-term goals, we will not be able to achieve the life we want. In long-term goals, we write about our big and grand goals.

Like buying a big house, a favorite car, starting

your own big company, earning a large sum of money, or starting a business. It takes us a little longer to achieve these. It's not a bad thing to achieve it in less than the set time frame, in fact, it's a very good thing, it will make you a different kind of person. But giving a short time for big goals is a bad thing.

Let's understand with an example of a person. You might have heard the name Elon Musk. When I am writing this book, Elon Musk is currently the richest person in the world. When Elon Musk sets goals for himself, he gives a lot of time to those goals, the deadline is very far in the future, and then he tries to achieve that goal as soon as possible. All his goals are big, so he gives more time to those goals. He once said in an interview, "If I write 10 years to achieve any of my big goals, then I try my best to achieve that goal in 1-2 years, so that I can save my 8-9 years, then I can spend that time achieving my other goals.

If Elon Musk can become the richest person in the world by doing this, then can't you earn even 10% of his wealth by doing this?

Of course, you can, you just need to change your thinking. To improve your skills. So change your thoughts, only then will your life circumstances change. Only then will you be able to achieve your goals and live the life you want.

- Goals are of two types: Short-Term Goals (STG) and Long-Term Goals (LTG).
- It's not a bad thing to finish a task before the deadline; in fact, it's great. However, giving short deadlines to big goals is a bad idea.
- You should always try to finish your goals ahead of the deadline.

5.

Balance Your Goals Effectively

Balancing your goals means considering all aspects of your life when writing them down.

For example, write about your business: what kind of business do you want to start, or if you want to be something else, write about that too.

Secondly, **write about your health:** what should your weight be in the future, how much weight do you need to gain or lose to reach that goal, and what kind of body do you want to build, write all this. To get that kind of body, what you will have to eat, what you will have to stop eating, and what you will have to do.

Third, **determine how much money you want** to earn in the future and what you are willing to do and sacrifice to earn that much money.

Fourth, **write about your family:** what do they need? You can talk to them and ask. Be sure to include their needs in your goals list. Make their dreams your own and fulfill them. Now when you

succeed, your family will also succeed. This is your responsibility and you must fulfill it. Try wholeheartedly to make your and your family's dreams a reality.

Fifth, you must also remember that when you succeed, how much change will come in society because of you. A positive energy will be generated in society. But remember that there will be some people who will definitely try to spread negativity in society, so ignore them and stay away from them. There will definitely be people who will never succeed themselves and will not let anyone else succeed. It is better to stay away from such people, even if they are your old friend. If they want to change, then definitely help them otherwise stay away from them.

Never forget those who have helped you. Your behavior should be as good in society and family as you are on the inside. If you behave well in society, you will be considered good or not. Along with society, you will also have to maintain good behavior with your family, otherwise what is the use of such goodness that is only for others, not for your own people. No one helps as much as you do.

The sixth goal should be your social service. When you succeed, be sure to help the needy in society who have nothing - neither food to eat nor clothes to wear. I am not asking you more but I just want to say that you should spend at least 2% of your earnings on social service. You can also increase 2% and make a social contribution.

I would definitely like to give an example of some people like Ratan Tata Ji in our country India who donates 60-70% of his earnings, which goes to the Ratan Tata Fund and helps others.

Bill Gates and his wife Melinda Gates both donate most of their earnings. And they have also created an institution called "**The Bill & Melinda Gates Foundation**", which was established in the year 2000. There are many people in this list like Warren Buffett, Shiv Nadar and many other big donors.

So far, in this fifth point, you have read six points about what to keep in mind while writing goals and this is called writing in a balanced way.

- In your goals list, first write what you want to become, second about your health, third about wealth, fourth about your family, and fifth about society.
- Be sure to donate something to your society, at least 2% of your earnings.
- Write your goals in a balanced way and keep working towards them.

6.

Answer to Five key Questions

First Question: "**Are these really just my goals?**"

You must ask yourself this question. If the answer from within you is 'yes', then it means that the goals are only yours, which you have written down while sitting alone. Writing them down means that you have thought of these goals yourself and written them yourself. While writing goals, you don't even have to take advice from your family, first ask yourself about your goals and write them down, then ask your family about family goals and write them down. You don't need to tell anyone about your goals because people will definitely suggest some changes and will definitely try to stop you. These goals are yours and they should be only according to you, not according to anyone else. If you changed your goals after listening to others, it means that now you are fulfilling the goals of others, not yours, so once confirm whether these goals are really yours or not. In this world, everyone wants to live their life according to their own terms, so ask yourself and write down the goals.

Second Question: "Are my small, written goals leading me toward my bigger goal?"

Gather information about all the goals you've written down in your short-term goals and then confirm whether or not these short-term goals will help you achieve your long-term goals. You've written in your short-term goals that "you will read books on success, you will read books on the work you want to do in the future, you will do these kinds of things, you will start a small business initially."

So will all these goals really help you achieve your bigger goals? Be sure to ask yourself this question and if the answer is 'Yes', it means you are on the right track and keep moving forward on this path, but if the answer is 'No', then you will need to gather more information and change your path according to your needs. You should definitely try to find out what you need to do to achieve your big goals.

As soon as you get the information, start working immediately because the sooner you start, the sooner you will succeed.

Third Question: "**Am I committed to achieving my goals?**"

You must know the answer to this question because this answer will tell you whether or not you will try your best to achieve your goals. To know the answer to this question, you will have to think about the tasks you do throughout the day. Then it will have to be evaluated whether or not you spend most of your time on your goals. You may not get the answer to this question in one day. You will have to wait for a few days for this. If you get a 'Yes' answer to the third question, then keep trying continuously. Then no one can stop you from succeeding. A 'Yes' answer means that you are spending most of your 24 hours fulfilling your goals. You are constantly thinking about your goals, you are working hard. If you get a 'No' answer, it means that you are not working hard enough to achieve your goals or you are procrastinating or you are thinking about what the world will say, or you don't want your goals wholeheartedly or you are thinking about where to start, or you are thinking about whether or not you will be able to achieve your goals.

If you are thinking any of these things, it means that you do not have a way to reach your goals or you do not have complete information. Since the goals are yours, you will have to work hard, you will have to stop procrastinating, you will have to ignore the things of the world. If you want to achieve your goals, you will have to do all this. Don't wait for someone to come and change your life, nothing like that is going to happen. Life is yours, so you have to change it.

Don't feel alone on this journey, my best wishes are with you and nature is also with you. Tell your goals to yourself and nature every day. By doing this, nature will definitely help you and from this book, you will also get to know how you can achieve your goals. So keep reading this book further.

Fourth Question: "Will anyone be harmed in the process of achieving my goals?"

You see, there are many people in this world who think that by hurting others, they will move forward. By doing this, they may move forward for a short time but their downfall is also certain in a short time. Such people do not know that this world runs on certain rules, one of which is "Do good, get good."

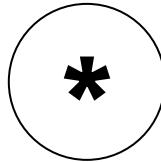
Whoever does bad to someone, bad is bound to happen to him. Such a person may be very happy for some time but after some time, their bad time will definitely come. The person who understands the rules of this world and adopts them attains the supreme happiness of this world. You don't have to rise by pulling others down, but rather rise by lifting others. To rise, you have to work on yourself, increase the knowledge within yourself, improve your nature, make yourself a better person, you have to focus only on your goals, you also have to have a good opinion about others, while talking to others, you must also respect them whether they are younger than you or older or equal.

As your thoughts will be, so will your life. Good thoughts mean good life. You can check it on any day, just you have to think only good about yourself and others throughout the day and you have to thank nature for your life. If you do this every day, you will see that your every day is getting much better. This is also the law of the world "**As you think, so is your life; as you think, so are the circumstances.**"

If you want to earn money, then you will always have to speak well about money, think good. So, by thinking good, when you achieve your goals, no one will be harmed.

Fifth Question: "**Can I visualize myself having achieved my goals?**"

Along with setting goals, it is also very important to imagine them being fulfilled. It is necessary to imagine what your life will be like when your goals are achieved. There is a lot of power in imagination. If you want something, you have to imagine that you have already achieved it. When you start imagining, your mind gets a picture of what you need. As a result, your mind becomes completely focused on it. A human being can give a real form to whatever he can imagine. From a logical point of view, a human being is limited but from the point of view of imagination, a human being becomes unlimited. Just as you have to read your goals 2-3 times every day, you also have to imagine the same number of times, every day. You lose nothing by imagining. You are just investing your time in your goals, for which you will get a very big return in the future. By imagining, you already get that thing in your mind. It is only by imagining that we can see in the present what we want in the future.



Success by Self- Development

Some people always think, 'We work so hard, yet we don't succeed.' As a result, such people give up working and either succumb to circumstances or continue working in despair. The truth is that success demands not only hard work but also self-development. Along with hard work and self-development, one more thing is needed - 'the right direction'. If you want to become a successful person, first learn about your work properly and then ask yourself one question, "**Will the work I am doing bring me success?**"

If your inner self answers 'Yes', then you should definitely continue your work. A 'Yes' answer means you are on the right track. It means that now you just have to focus on hard work and self-development and keep your work going. But if the answer is 'No', then try to find another job in which you are skilled and if you are getting success in it, then do that work and if you are not skilled in that work, then try your best to become skilled. You can also take help from others to become skilled in that work. Take help from those who have already succeeded by doing that work because no one can tell you better than them what you should and should not do, you just have

to accept all their words and work in the same way, only then will success be achieved one day. The desire to succeed must be in your mind because your desire compels you to move forward, which makes you desperate to get those things. The hunger to get it as soon as possible grows inside you. Keep motivating yourself every day that one day you will definitely succeed. Make one or two successful people your ideal or guru. And keep following in their footsteps.

Self-development should never stop because self-development is very important in our success. It is also very important to change according to your needs, only then you remain successful even after becoming successful. Keep making necessary changes within yourself over time and continue the process of self-development, for this you can read some good books, you can go to some workshops, and you can do much more.

- Choosing the right path is crucial for success.
- Regularly evaluate your work and direction.
- Self-development is an ongoing process.
- Learning from successful individuals can provide valuable insights.
- Maintaining a positive attitude and perseverance is essential.



V

8

**Steps
to
Achieve
Goals**

Thank you very much for reading my book up to this point.

Next, you will learn how you can achieve your written goals. Before you know that, I want to know from you, "**Have you written your goals or not?**", Have you used everything you have learned from the beginning of the book to write your goals? If your answer is 'Yes' and you have written your goals, then you should definitely continue reading this book till the end. If your answer is 'No' then I humbly request you to use all the points I have mentioned so far and write your goals and come here and at the end of this book I have written a goal to show how to write a goal so you can also take its help, write goals and then learn the further things, otherwise this book will not be able to help you.

So if you are ready with your goals, let's move forward on this journey and start learning how you can achieve your written goals. And by achieving your goals, how you can transform your desired world and life into reality.

First Step:- Know Your 'Why'

After writing down your goals, you also need to write down the reasons behind those goals. You need to answer the question "**Why do I need this particular goal?**" It's not just about writing and reading goals, but you also need to figure out "**Why is it important for you to achieve your goals?**" Having an answer to this 'why' is very important. If you don't have an answer, find a reason for the 'why'.

When you know the answer to 'why', you will know how much your life will change if you achieve this goal or what things will change, or what you will be able to get because of achieving your goal, or how much your family's life will change along with yours, or how much the society will change. That's why you need to know the answer to your 'why'. When you have so many reasons, these reasons will drive you, these reasons will motivate you to move forward. If you have a reason, that reason will make you work and won't let you sit still until the goal is achieved.

Whenever you do any task, anywhere, there must be one or two reasons behind doing it. For example, if you have gone out for a walk, there must be some reason behind it. The reasons could be something like, "I was watching TV for a long time, so I thought I would meet nature for a while, I was sitting for a long time, so my legs started aching, so I thought I would take a short walk, it's morning time, so I thought I would take a walk, it will keep both my legs and body healthy." There could be many such reasons.

If you want to earn a lot of money, then there must be a reason behind it, it cannot be that you want to earn money but you have no reason.

Your reasons could be something like I want to use that money to build my dream home, or I can buy a good item, or I can buy my desired car with it, or I can use it to travel anywhere. Today, there is such a time that the person who has more money gets more respect and attention from people in society. So maybe that's why you want to earn money. So there could be such reasons as well.

Let's understand with an example:-

Perhaps you've heard of Henry Ford, who was born in the US. Henry Ford was born into a poor family and had to work on a farm, but he didn't like farming at all. Henry was very interested in machines, so when he was young, he used to spend his free time taking apart his pocket watch and trying to put it back together.

By the age of 12, Henry had learned to make watches. Henry's father wanted Henry to farm, but ignoring his father's words, Henry left home and went to the city. There he worked as a mechanic. Once, when Henry Ford saw a steam engine, his love for machines awakened.

Henry invented many different types of cars over the years. In creating these new cars, he also faced many difficulties because since the cars were being made for the first time, its parts were not easily available. Despite this, he invented many cars and after a few years, Henry started a 'Ford Motor Company'.

One day he saw that poor people also needed it but they could not afford it, cars were only with the rich people. Once he thought that now he would invent such cars that even a poor man could buy. Henry had to face many losses for this, but Henry still persisted. Henry invented many cars, such as Model-A, Model-B, Model-C, and so on. He invented his last model, which was called Model-T.

Henry's "Why":-

Henry was interested in machines, and he wanted to help people. At that time, the cars that were being made could only be afforded by the rich, but Henry wanted cars to be available to the poor as well because cars were also safe. He had many such reasons. Because of these reasons, he was able to achieve his goal and become successful. Within a few years, Henry became one of the richest men in his country at that time.

If you also want to do something, then you must

have a reason for it because when you have a reason, you work faster. When you have the answer to 'why', you work faster and more, and then you don't need any external motivation. Knowing 'why' gives us internal motivation, which is many times more effective than external motivation, and it prevents you from ever getting discouraged. There is always a deep-burning desire inside you to achieve your goals.

Therefore, find out 'why' you want to achieve your goals. This will always keep the desire to achieve your goals in your mind and you will also be able to focus on your goals, which will help you achieve your goals faster and save your time. Always remember that your goals list should definitely have an emotional goal, it motivates you to move forward even faster.

- Always try to understand the reason behind achieving your goal, as this reason will motivate you and help you move forward.
- Knowing the 'why' eliminates the need for external motivation.
- Keep the inner light burning.

Second Step:-

Keep Your Goals Visible

You've probably realized by now how important it is to write down your goals, read them daily, memorize them, and visualize them. But there's one more thing that's crucial, and that's "goal images." Creating and displaying images of your goals is just as important.

Goal images help you and your mind understand that you only want something that looks exactly like the image, with the same color, the same shape, as shown in the picture. For example, if you think about a car, many images of cars will come to your mind, and your mind won't be able to figure out which car you want. But when you put up a picture of a specific car, your mind clearly understands that you want that exact car, of that exact color.

Place the image where your attention goes frequently, like where you can see it first thing in the morning or before you go to sleep.

By doing this, you'll see it not only during the day but also in your dreams. This means you're constantly sending a message to the universe about your goals, and the universe will start helping you achieve them faster.

Let's understand with an example - John Goddard. You might have heard of John Goddard. He was an American who is known worldwide as the "**World's Greatest Goals Achiever**". At the age of 15, John wrote 127 goals. As a child, he had heard many old people talking and regretting that "Our whole life has passed, but we couldn't do anything we wanted to do." That's when John decided that he didn't want to live a life like those old people, and that's when John decided to live a life without regrets.

So John thought of making his life adventurous, so that in his old age he wouldn't feel like he hadn't lived his life to the fullest. So John wrote down everything he wanted to do or places he wanted to go. And he tried his best to complete them. So John Goddard wrote a total of 127 goals, out of which he completed 109.

The 127 goals written by John Goddard were of such a nature that no ordinary person could easily complete them in their lifetime. Some of his goals were so risky that there was even a possibility of losing his life. His goals were both interesting and dangerous and life-threatening. But he also had a passion to achieve his goals.

Let's learn about some of John Goddard's goals:

He had written down the names of 8 rivers, including the Amazon River, the Nile River, and the Congo River, which he had to swim in."

"There were names of 12 countries like Brazil, Australia, Kenya, and the Philippines, where he had to travel, and John had visited all (12) countries."

"There were names of 16 mountains written, such as Everest, Fuji, Rainier, and Kenya, and he had climbed most of the mountains."

"There were 5 more goals written like learning to fly a plane, riding a horse in a daily parade."

"He also had to take pictures of 6 falls like Victoria Falls, Sunderland Falls, which he also took."

"He had also written the names of 6 seas like the Red Sea, where he had to swim, and he did swim."

"He had to visit 14 places like the Taj Mahal, the Great Wall of China, and Easter Island, and he did."

In this way, he wrote a total of 127 goals. Some goals that could not be completed were like going to the moon, traveling to every country in the world, climbing Mount Everest, or reading about the Komodo dragon on Komodo Island.

John Goddard was able to accomplish all this because he wrote down all his goals and kept a picture of them in front of his eyes. Another reason for achieving his goals was his willpower, which was very strong. That's why John Goddard was able to complete 109 out of 127 goals, and more important than willpower is the environment. John had also created such an environment.

If you also want to make your life as adventurous as "John Goddard's", you can take some of John's goals.

Lesson:

From this example, I want to explain to you that just like John Goddard achieved his goals, you can also achieve your goals. Strengthen your willpower, improve your environment, and if you have to go somewhere for that, then definitely go, no one else is going to come and fulfill your goals. Always keep your goals in front of you. This will reduce the chances of getting confused and you will be able to achieve your goals easily. My prayers and best wishes are with you.

- Be sure to paste a picture of your goal in your goals list.
- Write your goals and put your all into achieving them, just like John Goddard.
- Always keep the goal picture in front of your eyes.
- Strengthen your willpower and improve your environment.

Third Step:- Acquire Knowledge, Skills, and Resources

If you want to succeed in this world, it is very important to have three things: **knowledge, skills, and resources**. The combination of these three things plays a very important role in making you successful in anything. If you have knowledge and if you use it correctly, you can achieve a lot. If you have learned to use knowledge, you will easily become skilled in your work. And if you have both knowledge and skills, you can also produce resources using them. With these three things, you can easily achieve even the biggest goal. If even one of them is lacking, you may fail. If there is a deficiency, you can eliminate it through your efforts. For this, you must ask yourself a question, "**How can I overcome this deficiency within myself?**" You can also seek help from others to find the answer, but the answerer should be right, otherwise, it will put you in a new dilemma. Actually, the correct answer to this question can only be given by your inner self.

Knowledge

Some people believe that without knowledge, we are nothing in this world, and such people are absolutely right. Because if you go to do any work without knowledge, you can certainly make mistakes. Without knowledge, there is no skill, and without skill, there is no benefit of resources, and if all three are missing, goals cannot be completed. Knowledge gives you the right direction, to do any work correctly. If you have more knowledge, then spread it to others as well. If you have the right knowledge, you can share it with many people using many mediums. You can upload it on many social media apps like YouTube, Facebook. You must have heard a proverb, "**Knowledge grows by sharing.**"

If you don't have knowledge, you need to increase your knowledge. If you want to become knowledgeable in anything, you can learn from anywhere (by reading books), and only two things will be needed to learn, and that is "willpower and environment". You may feel a little lazy at the beginning, but willpower will eliminate that laziness. You must always keep increasing your knowledge within yourself, otherwise you will be left behind.

Skills

Let's start with a question: "**How do skills make us successful?**" Before knowing the answer to this, you need to know the answer to another question: "**What is a skill?**" When you have a lot of knowledge about something, the ability to do it, and expertise, and if you can do your work quickly and effectively with the help of these three, then it means that you are skilled in that work. All the rich people in the world have one skill, which we call communication. All rich people know how to use words best. If you want to become rich, you have to acquire skills in any one thing. You can know your skills by knowing what you are good at.

To know this, first ask a question, "**How much knowledge do I have about this work?**" To know the skill, study your work to see how long and how well you are doing that work. Then when you get the answer to this, compare that time and the quality of the work with a successful person to see how long and in what way that successful person does that work. This can be quite economical.

Resources

Resources mean 'things that will help you succeed'. All the people who have become rich till date have become rich only by using the resources available to them correctly. And if they didn't have any resources, they used the resources they had and produced new resources from them.

Use your 24 hours wisely and intelligently. Make a daily timetable for your 24 hours. You have to evaluate whether "**The tasks written in the timetable will lead to success or not**". You should know what things are needed to succeed. Collecting things by looking at others, which are not needed much, will be a foolish decision.

Today's world is becoming such that if a neighbor has bought a car, people buy a more expensive car in their house (even if it is taken on loan). We call this envy. And envy only ruins a person. You should be happy with the happiness of others. This doesn't mean that you shouldn't buy an expensive car, but it means that you shouldn't buy it out of envy or to show off.

You should buy a car considering your own home and circumstances. Work hard today and then you can buy better and more expensive cars after a few months or years.

If you have knowledge and skills, then you can also create resources for yourself by using them correctly. Use your intelligence in the right and better way and achieve success.

- If you lack something, you can overcome it through your efforts.
- Without knowledge, we are nothing in this world.
- It is very important to have skills within you.
- Resources mean 'things that will help you succeed'.

Fourth Step:-

Find the Path to Your Goals

Along with writing down goals, it's also very important to write down the path to reach those goals. If you don't write about the path, how will you be able to reach your goals? Along with writing big goals, it is necessary to write and complete small goals to reach them. For example, let's say you have to read an entire book and you have 5 days to read it. So, according to the total number of pages, you have to decide how much to read in 1 hour, in one day, and to finish reading the book, you have to read each word, each sentence, each paragraph, each chapter. Only then will your goal of reading the entire book be completed. Similarly, in your daily life, you must be setting many goals and you must be completing many of your tasks. When you can create paths for your small goals, you can also create paths for your big goals. For example, small goals, let's say when you were a child and when you had to ask your father for money to buy something you needed. And if your father refused to give money, remember what all you used to do.

You used to cry or be stubborn to get your way, or if you wanted a new thing in exchange for an old one, you would come up with a plan to break the old thing. This would force your dad to buy you a new one. What I mean is that whatever you wanted, it was your goal which you would find many ways to achieve. So, when you could do this at a young age, why can't you do it when you grow up? The only difference is that at a young age, the goals were small and at a grown-up age, the goals also become big. As you grow older, your thinking also grows, your perspective changes, and your view of the world changes. If you have the fire to become a successful person, then with the changing times, you realize how precious your time is because only by using this time, you will be able to achieve your goals. Nature has given everyone in this world only 24 hours in a day, whether it is a human being, an animal, or something else. By using these 24 hours intelligently, one person became Elon Musk (the richest man in the world), Bill Gates became (one of the richest people in the world and also the world's biggest philanthropist), Sachin Tendulkar became (the greatest batsman

in the world). There are millions of such examples that you will find, so **when these people can, why can't you?** It's not that those people got 25 or 26 hours in a day. These people have reached where they wanted to go on the strength of their hard work, their knowledge, their curiosity, their ideas, their hunger, their passion, and their self-confidence.

Now, when we talk about time, it's very important to know about time management and the power of consistency. Time management means using your 24 hours in the right place, in the right way, and using your intelligence. When you have a lot of work but very little time, you can do all the work with the help of time management. Now, among those many tasks, there will also be some tasks that are not important, so the rule of time management says that you should not do that unimportant work. Similarly, time management can help you a lot in achieving your big and small goals and can help you achieve your goal faster. Therefore, use the rules of time management, save your time and use it to achieve your goals.

Now let's understand the benefits of doing something continuously. By doing something continuously, we gradually become proficient in that work, and when you become proficient in something, you do that work with more accuracy and clarity than before. When a drop of water falls on a stone continuously for many years, it can even make a hole in that stone. The waves of water also cut the stones lying on the shore. This is called the power of consistency. This means that if you do something continuously for many years, in the right direction, you can easily achieve any of your big goals.

You must have heard of the Amazon River, the longest river in the world. The Amazon River starts from the Andes Mountains and travels more than 6000 km, but at the place where the Amazon River starts, only one drop falls from the mountain, and it takes 8 seconds for the next drop to fall. Yet, the Amazon River is the longest river in the world. This means that if you do something consistently for a long time, you can reach anywhere and as far as you want. Patience is very important in this and this quality can make you successful in any work.

Let's say you want to earn 1000 crores in the next 30 years (you can think more or less than that). Now, reaching 1000 crores is your goal. To earn 1000 crores, first, you must have confidence in yourself that you can earn that much, then you have to find a work, with the help of which you can earn 1000 crores, then you have to create paths to reach it and imagine how your life has become after earning 1000 crores, this will also boost your confidence. You also have to decide that if I have to earn 1000 crores in the next 30 years, then how much do I have to earn in 20 years, in 15 years, in 10 years, in 1 year, in 3 months, and in 1 week? Try your best for this, if not 1000 crores, then you will earn at least 999 crores.

Ask yourself these three questions every night before sleeping:

First question - "What actions did I take today that I shouldn't have?"

Make a list of the tasks in which you wasted unnecessary time today. Try to ensure that you never waste time on those tasks again. It could be video games, scrolling through your phone, or

any number of activities that are wasting your precious time.

Second question - "**What tasks should I have done, and did I actually complete them?**"

There are many important tasks that come up in your daily life, and you accomplish them too. Make a list of these tasks that are helping you move forward.

Third question - "**What did I do today that helped me move closer to my goals?**"

Make a list of these tasks as well, and keep completing them every day.

For the answers to the first question, avoid starting any of those tasks—ever. For the tasks listed in the second question, dedicate only 30% of your day to completing them. For the tasks in the third question, dedicate 70% of your day to accomplishing them, and if you can give even more time, that's great. Here, I'm only talking about the time you dedicate to work—separate time for eating, drinking, and sleeping.

Fifth Step:-

How to Take the First Step

Taking the first and most important step towards your goals is a big decision in the journey of life, and this is the step that many people fear. The reason for this fear is often uncertainty, fear of failure, or lack of self-belief. But to take this important step, it is first necessary to know your 'Why'. If you know why you want to achieve your goals, you will be motivated to achieve them. This 'why' will be your greatest companion, giving you the strength to move forward even in difficult times. When you have clear reasons, taking steps towards your goals will become easier.

Writing down your goals and keeping them in front of you is another important step. Many times, we only think about our goals and forget them, but when we write them down and keep them in front of us, they come to our mind repeatedly. This serves as a reminder of where you are headed and why you are headed there. Looking at written goals daily creates a mental discipline that boosts your confidence and motivates you to work in the right direction.

The more knowledge, skills, and resources you have to achieve your goals, the more likely you are to succeed. Knowledge will help you think and make decisions in the right direction, skills will improve the quality of your work, and resources will make your journey easier. To acquire these, you can read books or seek guidance from those who have already succeeded in that field.

Finally, creating a path to reach your goals is also extremely important. This path will also make your entire journey easier and smoother. You should make a clear plan by breaking down your goals into smaller parts. These small goals will act like steps on a ladder, and completing each small goal will boost your confidence and bring you closer to your main goals.

Taking the first step towards your goals can be difficult, but when you clarify your 'why', write down your goals, acquire the necessary knowledge and skills, and create the right path, this step becomes easier. This is the step that many people don't take because of fear, but when you take this step, you start a positive change in your life.

Sixth Step:-

Find a Mentor or Coach

Every successful person has a role model whom they continue to learn from throughout their lives. Having a coach in life is extremely important because a coach is the one who helps you move forward.

Benefits of having a coach:

- ★ A good coach always teaches you the right things.
- ★ A coach always tries to teach you something new so that you can gain deeper knowledge.
- ★ A coach prevents you from making mistakes.
- ★ A coach always tries to make you better.
- ★ A coach teaches you to make the right decisions even in difficult situations.
- ★ A coach will also tell you what the next step should be.

There are many such benefits of having a coach. No matter how rich a person in the world is, they must have a coach. All the rich people in the world know how important it is to choose the right coach for themselves and to keep learning

from them throughout their lives. It is the coaches who teach them why it is important to change with time.

How to Find a Coach?

To find a coach, the first thing you need to know is "**what is your goal?**" At the beginning of this chapter, I requested you to write down your goals before coming here. So I'm assuming that you have all your goals with you. Once you have your goals, finding a coach will become quite easy. Now you can find out from Google, YouTube, and many other places who is the most successful person in your goal. Make them your role model and make the coach of this successful person your coach. For example, suppose you want to become a businessman, then you find out which coach can give you the right knowledge about business, so that you can become a better businessman in the future. So find such a coach and try your best to attend all their seminars and webinars, even if you have to spend a little money. If you want to move forward, then focus only on the knowledge you get, not on the money spent. When you get

knowledge you get, not on the money spent. When you get knowledge from a great coach, you will realize that you have got knowledge worth crores for just a few thousand or lakhs. A good coach will never give you wrong knowledge and will always be ready to help you.

All the rich people in the world understand the importance of a coach, which is why they choose their coaches carefully. For example, the world's richest man, Elon Musk, also has a coach - Jim Quick, who is a mind coach.

Bill Gates also has a coach named Warren Buffett. Both Bill Gates and Warren Buffett are among the richest people in the world and are also two of the world's greatest philanthropists. Bill Gates is the owner of the Microsoft company, and Warren Buffett is considered the king of the investment world, who started investing at the age of just 11 and is now 92 years old.

Sundar Pichai (CEO of Google), Jeff Bezos (owner of Amazon), Steve Jobs (owner of Apple) and many others have the same coach - William Campbell.

If I were to share my personal experience, I've chosen two coaches who not only teach me but also millions of others how to be a good person, how to control our minds, how we can become rich through our thoughts, how we can make our lives positive with our positive thoughts, how we can become a successful businessman, the paths that rich people take to become wealthy, and the difference between a poor and a rich mindset. They teach me many things like these.

Name of my both Coaches- "Sneh Desai and Sonu Sharma Sir"



Sneh Desai Sir and Sonu Sharma Sir have taught me a lot. They have taught me things that I never even thought of. It is because of them that my life and my thinking have completely changed. I am very grateful to both of them.

Just as many people have chosen their coaches, you should also find a coach for yourself, only then will you be able to move forward with your thinking and achieve your goals. Never stop learning, otherwise, you may come back to where you were. You should definitely achieve at least your biggest goal in your life.

"Win and learn when the result is favorable, lose and learn when it's not. But always learn, for learning is indispensable."

-by Shubham Singh

- All the world's rich and successful people have a coach.
- A coach can impart knowledge worth crores for just a few thousand or lakhs.
- You should definitely find a coach for yourself, only then will you be able to go beyond your thinking and achieve your goals.

Seventh Step:- Never Give Up

If you ask anyone in the world, '**Are you afraid of anything?**', most people will say, 'No.' Most people will say that they are fearless. I believe such people are lying because fear is inside everyone, like fear of getting hurt, fear of being cheated, fear of ghosts, fear of death, fear of failure, fear of certain people, fear of what people will say, and so many other fears surround you. I want to make it clear through these points that fear is an integral part of your life. Among all these fears, there's one fear that everyone experiences when they start walking on the path of success, and that fear is called 'fear of failure'. If you have this fear, it means that you either lack self-confidence or knowledge, which is why you are still doubtful about whether you will succeed or not.

I have explained in the next point how to increase self-confidence. I don't want to decrease your self-confidence or increase your fear by telling you about these fears. I have told you all these names because if you keep being afraid, you will never be able to move forward.

Since you're reading this book, it means you desire success and want to achieve something extraordinary that can serve as an example for others. If you keep thinking too much about failure, it means you're more attached to failure. If you want to succeed, you must think only about success at all costs because we attract what we think. It's a law of the universe. If you think about negative things, you'll get negative results. However, if you think about positive things, you'll get positive results. You are the creator of your own life. You can put your life on the right track if you want to. There will be difficulties on this path, some circumstances will arise that will try to pull you down, but don't be afraid of them. Stand firm against them and keep moving forward, never give up.

John Goddard's life is proof that nothing is impossible. At the tender age of 15, he created a list of 127 life goals and dedicated his entire life to achieving them. His goals included sailing down the Nile River, climbing Mount Everest, and exploring the world's most dangerous jungles.

Many times, the challenges seemed insurmountable, but his unwavering determination and indomitable courage enabled him to achieve almost all of his goals. Every step of his life is a testament to the fact that if you have unwavering determination and faith in your goals, you can overcome any obstacle.

Henry Ford, who revolutionized the automobile industry, is also an example of never giving up. Ford faced many failures in his early life; his first two businesses failed. But Ford never gave up. He learned from his mistakes and eventually founded the 'Ford Motor Company', which brought automobiles within the reach of the common man. His countless efforts and never-give-up attitude made him one of the world's most influential industrialists. His life teaches us that failure is just another opportunity and success belongs to those who stand up again and again instead of giving up.

- If you keep being afraid, you will never be able to move forward.
- If you think about negative things, you will get negative results. If you think about positive things, you will get positive results.
- Failure is just another opportunity, towards success.

Eighth Step:-

How to Boost Self-Confidence

The most important thing on the path to success is self-confidence. Self-confidence means how much you trust yourself.

For every task, big or small, self-confidence is essential. Without it, doing anything becomes impossible. For example, when you wake up in the morning and brush your teeth, you're able to do it easily because you trust yourself to do it, and this trust comes from practice. Without self-confidence, you wouldn't be able to wash your hands, put on clothes, walk, move your fingers, cook, or even eat. All of these actions require self-confidence. You perform these tasks every day with ease, so why do you feel that you lack self-confidence? You successfully complete so many tasks that require confidence. The issue is not a lack of self-confidence; it's a lack of knowledge—knowledge that teaches you when, where, and how to bring out the confidence within you. If you still feel like you lack self-confidence, I've outlined some points that will surely answer all your

questions.

Every person in this world is born for a reason. Everyone is born to do something great and remarkable. So, never think that you're incapable of accomplishing something big—maybe you were born to achieve that very thing. You have the courage and strength within you to accomplish great tasks. You just need to believe that no task is too difficult for you.

Self-Knowledge:-

Self-awareness plays the most significant role in increasing self-confidence. Self-awareness means how well you know yourself. Those who have the most self-awareness also have the highest level of self-confidence. Such people know themselves in depth. They are aware of their strengths and weaknesses. They know which tasks they should do and which ones they shouldn't.

They are aware of what they are capable of and what they are not. Having high self-confidence

doesn't mean you can do every task in the world; rather, it means that whatever task you undertake, you will do it with seriousness and precision. This self-confidence helps you reach your goals, earn money, stand out from others, stay happy, and gain respect from others. It is your self-confidence that assists you in achieving all of these things.

Solutions to Increase Self-Confidence

Let's explore some simple and effective ways to boost your self-confidence.

To enhance your self-confidence, start by giving yourself small, time-bound tasks daily. For example, if you're writing, give yourself a task like "**I will write one page in 20 minutes.**" Try to complete it within the time limit, and reward yourself when you do. Even if you don't have a physical reward, pat yourself on the back. The completion of the task itself is a reward—a sense of accomplishment. Start with small tasks and gradually increase their complexity as time goes on. For smaller tasks, you could give yourself challenges like **chewing each bite of food 32 times or drinking 8 glasses of water daily.**

When you're outdoors, try tasks like **not looking to your left or down for 10 seconds**. Completing these small tasks will generate a unique kind of energy that boosts your self-confidence and happiness.

In essence, the text suggests that setting small, achievable goals and consistently working towards them can significantly boost one's self-confidence. By breaking down larger tasks into smaller, manageable ones and rewarding oneself for completion, individuals can develop a sense of accomplishment and believe in their abilities.

Use of Self-Confidence at Right Place

To utilize your inner self-confidence at the right place and time, you must motivate yourself at that moment. For instance, if you have to speak in front of an examiner, keep telling yourself, "I can say whatever I want to say, I can speak without stopping, I am full of confidence, I have practiced a lot, I have ample knowledge, people will applaud me when I speak, and they will praise me a lot." This is how you can motivate yourself and achieve success in any field.

Stories related to Self-Confidence

Before 1954, it was widely believed that no human could physically run a mile in less than four minutes. British Olympic coach, Harry Andrews, had set a record in 1903 by running a mile in 4 minutes and 12 seconds, and he declared to the world that the four-minute mile was an insurmountable barrier.

However, in 1954, Roger Bannister shattered this belief by running a mile in 3 minutes and 59 seconds. His hard work and unwavering self-confidence played a pivotal role in breaking this long-standing record. Since then, thousands of athletes have successfully run a mile in under four minutes, with Hicham El Guerrouj holding the current world record of 3 minutes and 43 seconds. Before Bannister's achievement, people doubted the possibility of breaking the four-minute mile. But once Bannister proved it could be done, it inspired countless others to believe that they too could achieve the seemingly impossible. Roger Bannister's accomplishment shattered people's doubts and ignited a wave of self-belief, ultimately leading to numerous athletes breaking the record.

Don't wait for someone else to break a record. You can be the first to break a record that no one has ever set before. And if no record exists, you have a great opportunity to create one.

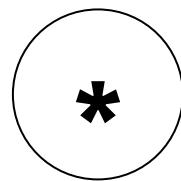
When talking about self-confidence, one cannot ignore Thomas Alva Edison. Despite failing 1,093 times before inventing the light bulb, Edison never gave up and continued to strive. Today, almost every household in the world uses light bulbs, a testament to his perseverance. His story shows that Thomas Alva Edison had an abundance of self-belief and self-confidence.

Similarly, let's talk about Henry Ford of the U.S. He invented numerous cars, with his final model being the "Model T." Ford was known for his quick decisions, strong opinions, and unwavering determination. The Model T, introduced in 1908, was more affordable and easier to use than other cars of its time. Despite being considered the ugliest car at that time, Ford refused to change its design, confident in its success. While he made minor adjustments as needed, he didn't succumb to external pressures, proving his

immense self-confidence.

In the same way, you should boost your self-confidence, trust yourself, and achieve great success in your life. My best wishes are with you.

- To boost self-confidence, first increase self-awareness.
- Give yourself small daily tasks, with deadlines.
- Don't wait for records to be broken, come forward with your self-confidence and go beyond all records, setting a new one.
- Henry was known for his quick decisions and strong opinions.



Definition of Success

Success is defined as achieving one's goals and realizing one's dreams in life. It's not just about financial wealth but also about self-satisfaction, peace of mind, and making a positive contribution to society. Success means fulfilling your life's purpose and continuously growing as a person.

In this world, every successful person has their own definition of success. But my definition differs slightly from others. **My definition is: "If a person sets goals and accomplishes most of them, then in my eyes, they are successful."** For example, if someone sets 100 goals and achieves 90 or more, I consider them successful.

Some people's definitions are spiritual, some are family-oriented, and some are related to wealth. A child might consider themselves successful when they get a toy they want. **You should also write your own definition of success. Tell yourself what success means to you.** This will help you recognize when you've achieved it.

Thank You



Thank you so much for reading my book. I hope you gained a lot of knowledge about goals from it and I hope you've used it to write down your goals and are committed to achieving them. Keep working towards all your goals. My blessings and best wishes are with you. May you succeed soon and achieve the life you desire. Until we meet in my next book. If you need to read this book again, feel free to do so. And please look forward to my next book.

Thank You

Best Wishes,

Shubham Singh

Shubham Singh



About Author

Born on November 29, 2003, into a modest middle-class family, **Shubham Singh** is a young man driven by a passion to make his life extraordinary. From a young age, he possessed a deep-rooted curiosity to understand the world around him and learn something new. At every turn in life, Shubham realized that the most crucial aspect of success is setting goals. However, this task, as simple as it sounds, is often challenging for many. Numerous people struggle to understand how to set goals in their lives and pursue them. This became a source of inspiration for Shubham, leading him to share his experiences and knowledge with others so they too could achieve their dreams.

Shubham believes that if you want to succeed in life, you must continuously learn new things. Every day of his life is a testament to this principle. He learns new skills, applies them to his life, and it is these experiences that have helped him write this book. He has also observed that people shy away from setting goals because they fear failure or rejection. Hence, through his book,

"If You Don't Have Goals, You Are Not Alive," he has tried to explain this process in a simple and effective manner.

The purpose of this book is to guide readers towards a life filled with clarity, focus, and motivated energy. For Shubham, setting goals is not just a process but a vital tool for directing one's life. He has not only explained the importance of goal setting in this book but has also delved deep into how to do it effectively.

Shubham believes that the true measure of success lies in how you set and achieve your goals. Every individual has the potential to do something extraordinary; all it takes is recognizing that potential and working towards it in the right direction. Through his knowledge and experiences, Shubham Singh aims to inspire readers to shape their lives around their goals and take steps towards a better life. His book is an essential guide for anyone seeking clarity, success, and happiness in their lives.

Way to Write a Goal

Example:-

My House ----- Date

My goal is to have a ___ (Square-feet) house located in (District), (State). My house will have rooms, one kitchen, a large courtyard, a temple, a home theater, a garden outside, a car parking area, and more (you can include other things you want in your house).

Reason: I am building this house for the happiness of my parents so that they don't face any difficulties because they have done so much for me (the reason can be anything personal to you).

Steps:

1. The first step is to gather the money required to build the house.
2. The second step is to buy land in (District, State) as decided.
3. The third step is to visit an architect, get the house's blueprint made, and start the construction process.
4. The fourth step is to regularly pay the workers and provide the necessary materials for the construction work.
5. The fifth step is to watch your dream house take shape into reality every day.

Image of
Your
Goal

Five Major Key Points to Success

Set Your Goals

Read Your Goals Daily (2x)

Visualise Them

Take Appropriate Massive Actions

Get Success

"Goals are as essential to life as water. Just like drinking water is necessary, having goals and accomplishing them is equally necessary."

- by Shubham Singh

If You Don't Have Goals

You Are Not Alive



**Shubham
Singh**