



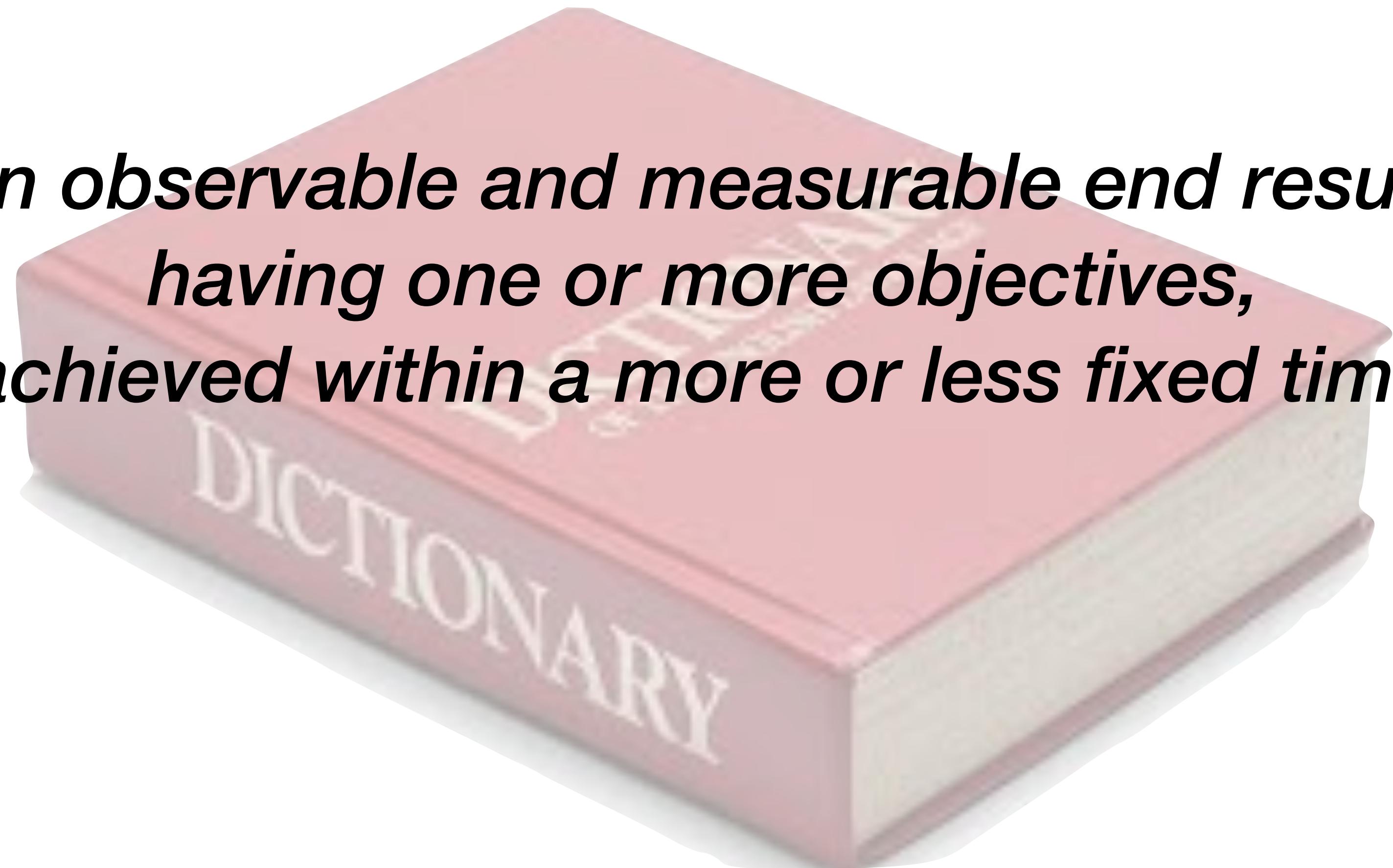
Importance of Goals



Stop drifting!

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*An observable and measurable end result,
having one or more objectives,
to be achieved within a more or less fixed timeframe*



IMPORTANT

Why are Goals important?

*Light, when concentrated,
can burn anything in its way...*



FOCUS

A wide-angle photograph of a two-lane asphalt road curving through a lush green field. The road is marked with white dashed lines. In the background, there are rolling hills covered in dense green trees under a vast, light blue sky filled with wispy white clouds.

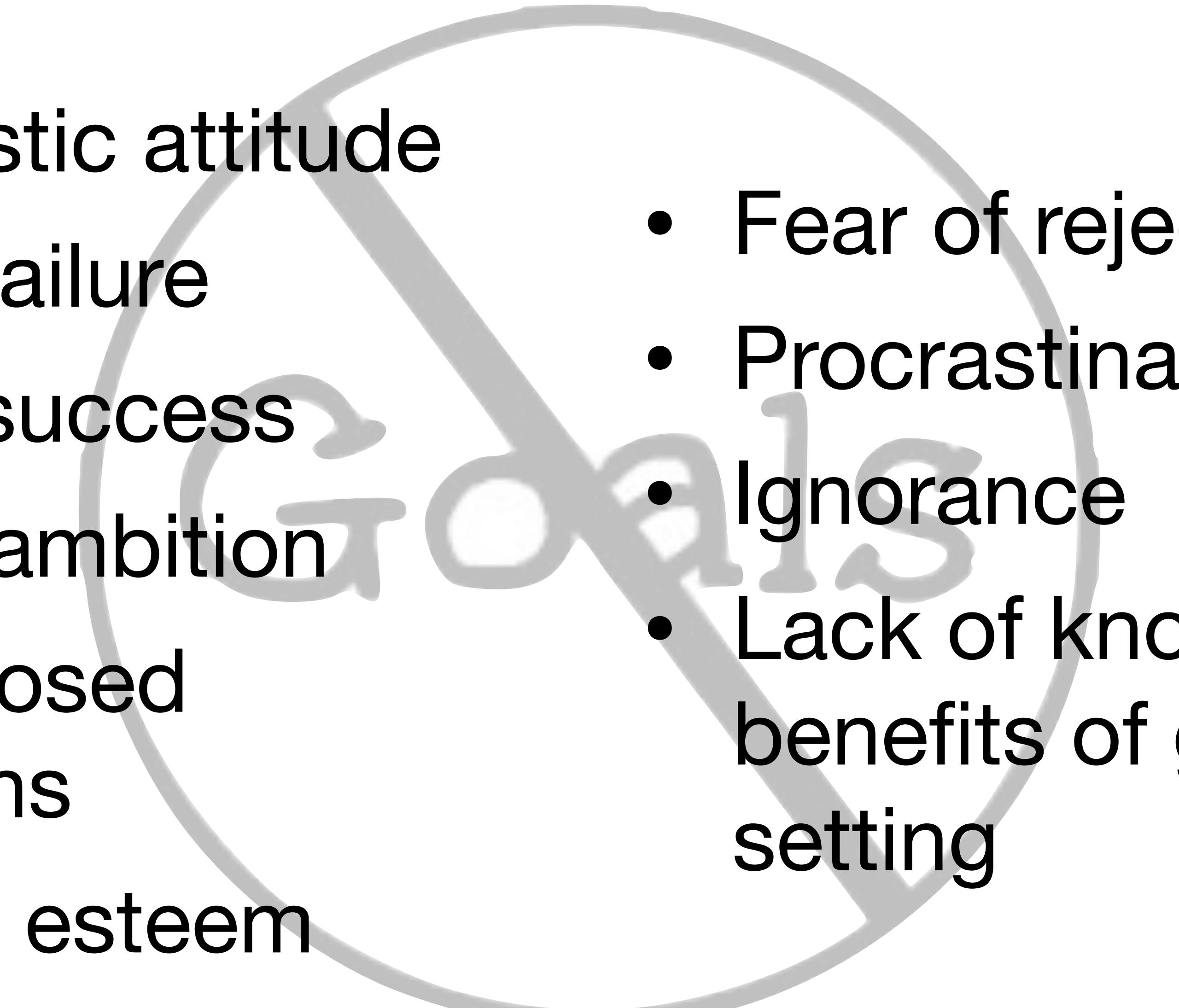
Where are you headed?

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Goals give you

- Direction
- Dedication
- Determination
- Discipline
- Deadlines

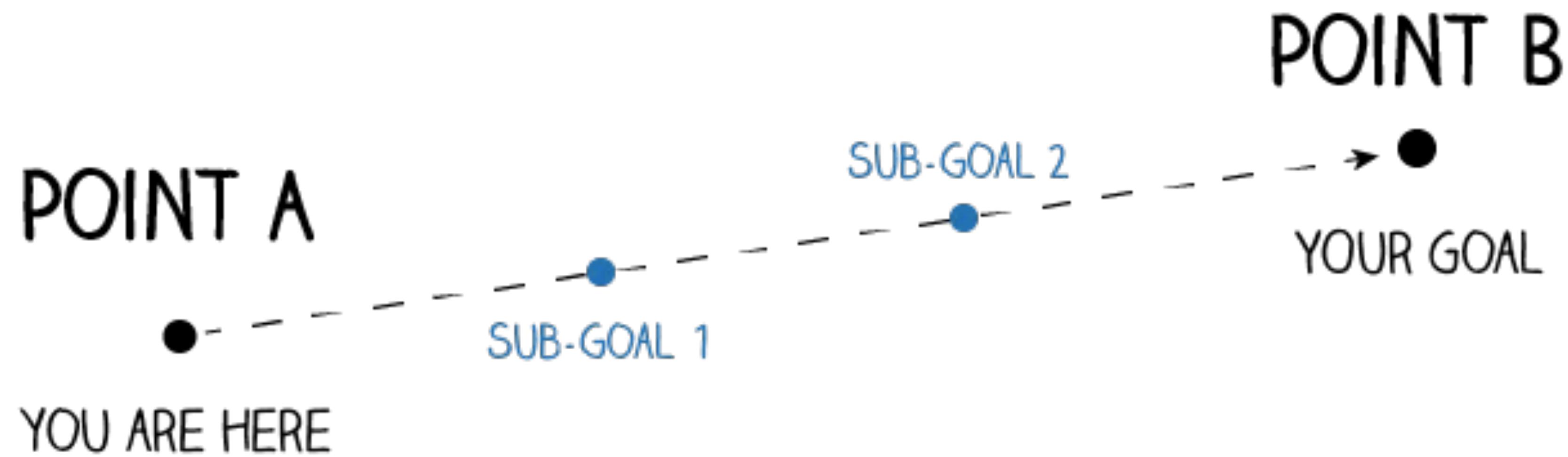
If it is so good, why don't we do it?

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- Pessimistic attitude
 - Fear of failure
 - Fear of success
 - Lack of ambition
 - Self imposed limitations
 - Low self esteem
 - Fear of rejection
 - Procrastination
 - Ignorance
 - Lack of knowledge of benefits of goal setting

Get SMART



Break larger goals into more specific sub-goals



Timeline

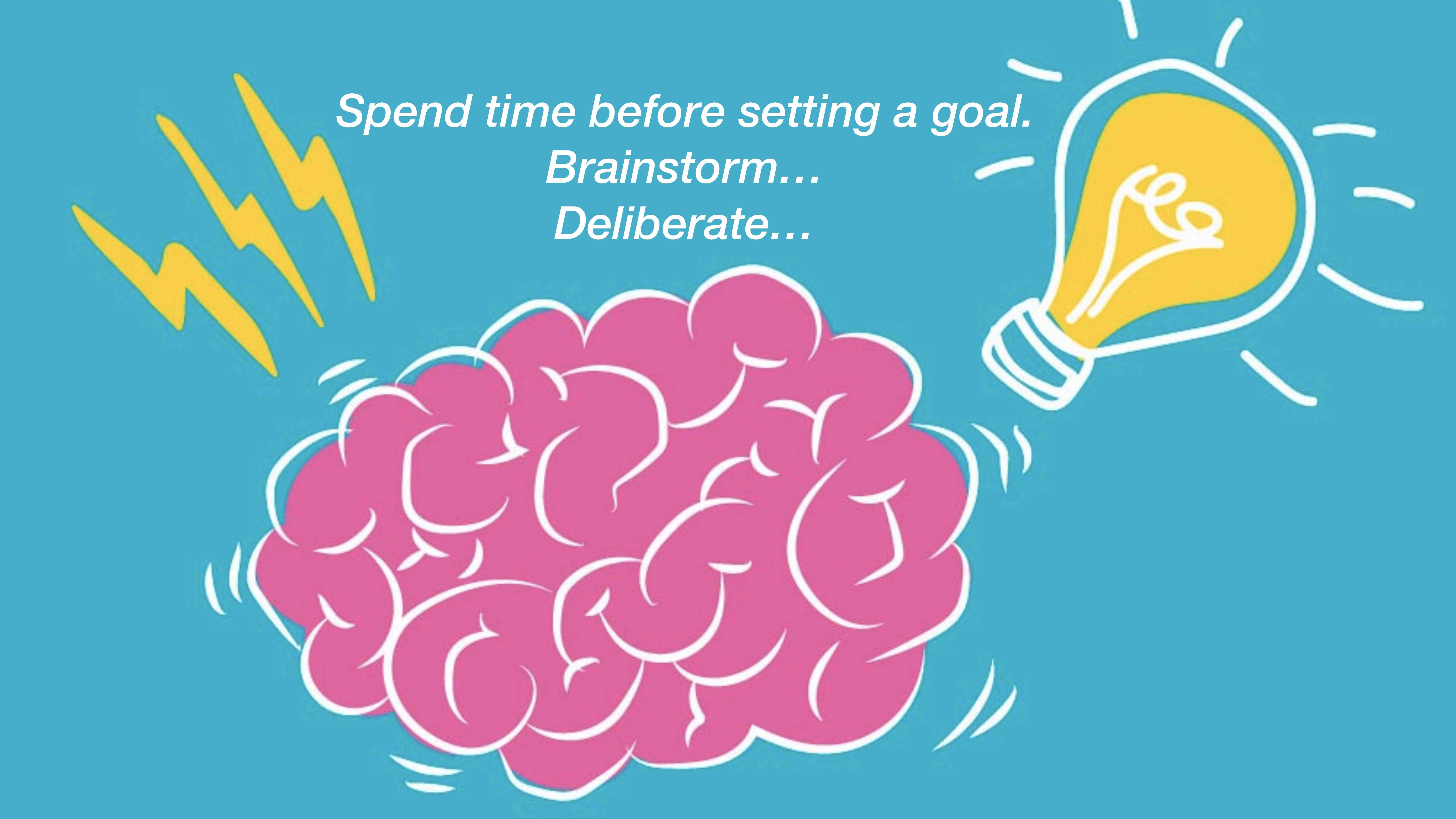
- Short term - upto one year
- Mid term - upto three year
- Long term - upto five year
- Milestones - checkpoints



Activity without progress is useless

It is all about balance

- Family and friends
- Financial
- Physical
- Mental
- Social
- Spiritual

A stylized illustration of a pink brain with white outlines. To the left of the brain are three yellow lightning bolts. To the right is a glowing yellow lightbulb with the word "Idea" written inside it, with white lines radiating from it.

Spend time before setting a goal.

Brainstorm...

Deliberate...

Then go ahead full-steam!



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Don't just dream... Realise it!

- Have a definite, clear written goal
 - Use positive language
- Make a plan to accomplish it
 - Keep tangible checkpoints
- Read them regularly
 - Make it your Mantra

A close-up photograph of a spiral-bound notebook with blue horizontal lines and a gold-colored fountain pen resting on it. The notebook is bound on the left side with a metal spiral binding. The pen has a silver-colored barrel with a gold-colored clip and a gold-colored cap. The background is a dark wooden surface.

*When you write it,
you commit to it*

Add meaning to the chase...

- Dog chasing a car



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***Goals without actions are
empty dreams***

Goals vs Purpose

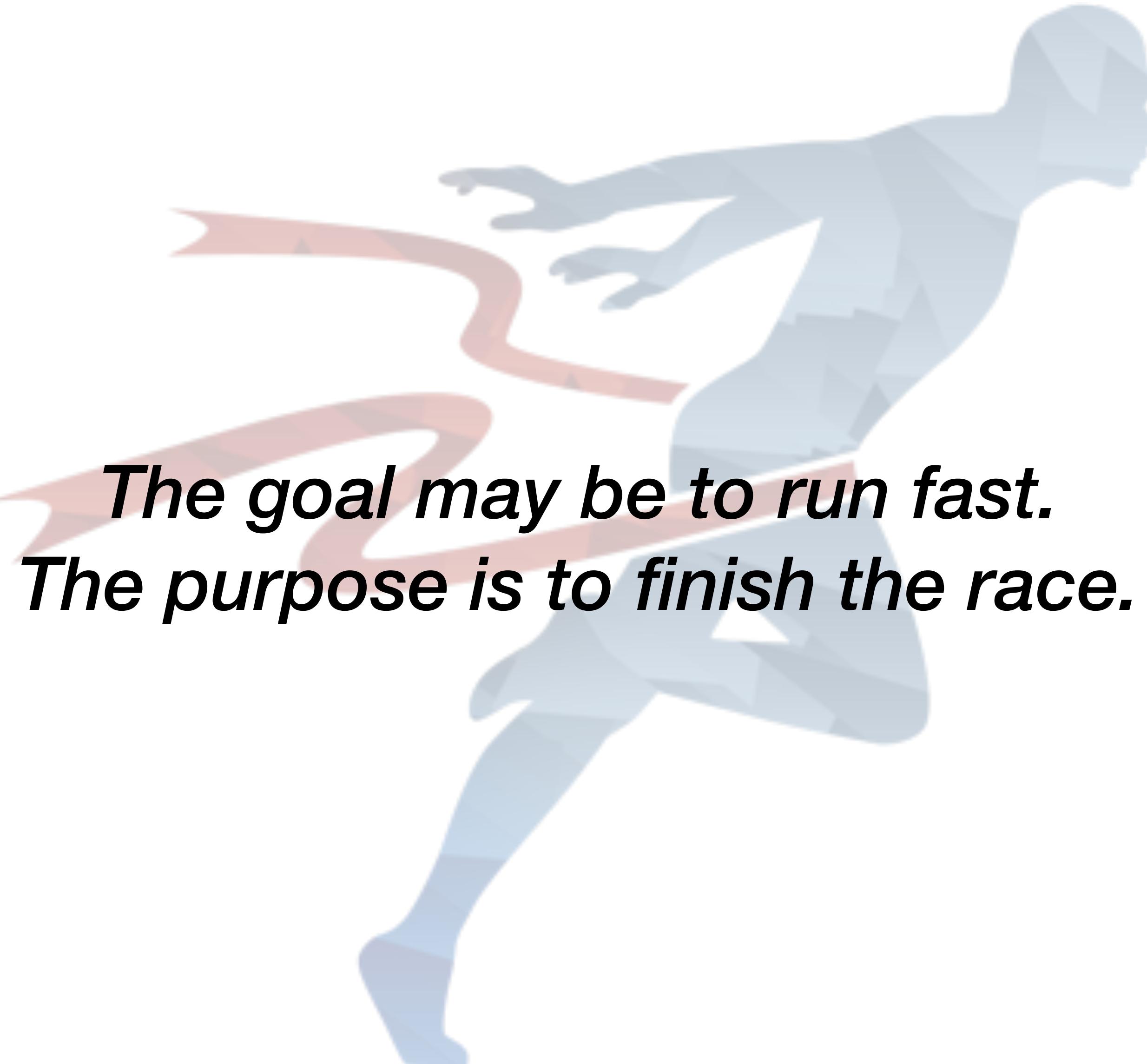
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Goals without purpose leads to tunnel vision

Whats the ‘Bigger Picture’?

- Why this goal?
- Higher calling?
- Find the true reason



*The goal may be to run fast.
The purpose is to finish the race.*

Why is the ‘Why’ important

- When you are facing obstacles, remind yourself of the higher purpose
- Courage
- Hope

Some words of wisdom

- Measure your performance, not outcome
- Set yourself for success, not failure
- Take it easy, one step at a time
- Self confidence is the key
- Keep moving forward
- Positive attitude
- Prioritise goals

Most importantly...

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Believe