

An aerial photograph of a vast, cracked, and dry lake bed, likely a salt flat, under a dramatic sky at sunset or sunrise. The ground is covered in a complex network of dark, polygonal cracks, with some areas reflecting the golden light of the low sun. In the upper right foreground, the dark silhouette of an airplane wing extends across the frame. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon, where a thin layer of clouds is visible.

**GET
WHAT
YOU
WANT**

Gideon Hanekom

Get What You Want: What you need to know about distraction, goals, and perseverance.

Introduction

Let's start with the most important question in this eBook,

“What do you want in life?”

Don't just skim over that question and move on ... really think about it.

What do you want?

I mean, REALLY want?

How clear are you on what you truly want? Do you know in specific and measurable terms, or do you have a broad and vague idea?

What I've discovered over the years is that most people (*I've come across*) are very clear about what they do NOT want, but that doesn't get them any closer to what they *do* want.

Being clear about what you don't want simply reinforces the very thing you don't want.

In order to get what you do want, you need to start focusing on that.

One of your greatest assets, ***the unconscious mind***, cannot work things in your favour when you are vague or unclear about what you want.

You need to get clear on what you want, before you can get it.

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And the more specific and measurable you can get, the better.

You need specific and measurable goals because ***goals function like coordinates on a GPS.***

It tells you where to go.

So, don't think generally, think specifically.

Then write them down! This is the most important part of the process.

I know of a study done in the 50s at Yale University, where researchers interviewed a graduating class.

They asked the class who had goals written down – 3% said they did.

20 years later the researchers went back to the same graduates (*that were still alive*) and discovered that the same 3% with the specific written goals (20 years earlier) were worth more financially than the rest of the 97% combined!

They also measured higher for joy and happiness levels.

What does this mean for you? **Don't skip this step.**

Be specific. Write down your goals.

Here's the ***second most important question*** in this eBook,

“WHY do you want what you want?”

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This is an important question because ***without knowing why*** you want something, you will never have the inner fuel to get it.

If your why is small, your goals will be small, which means your actions to obtain them and consequently your life will be small.

There is an old saying that goes,

“When you have a big enough why, the how becomes easy.”

It seems that most people want certain things because it seems like a good idea, or because everyone else has it.

The problem with that approach is, that doesn't fill you with the desire and motivation needed to go after those goals.

Generally speaking, there is “***push motivation***” and “***pull motivation.***”

Push motivation is the weakest as it requires you to use willpower to *force* yourself to go after what you think you want. Not a very effective approach at all.

Pull motivation however, is much stronger, because it's fuelled by something you truly value which pulls you.

This type of motivation doesn't run out, because it's not reliant on willpower but is driven by what is important to you in life.

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The master key of high-performance therefore, is written down, effective, specific, measurable, and value driven goals.

When you have these, it will turn the key inside of you which will create in you a state of energy, passion, perseverance, and action.

You will never be in a situation again where you procrastinate and sit around hoping for inspiration or motivation to hit you.

You will have access to something internal that is unique to you, that gets you up every day and pulls you to go after your desired life.

Here is what world-renowned results coach and bestselling author, *Anthony Robbins*, said about goals in his book, **Unlimited Power**:

“You know that if you’re committed to success, you’ll create it. People are not lazy. They simply have impotent goals— that is, goals that do not inspire them ... The difference in people’s abilities to fully tap their personal resources is directly affected by their goals ... when viewed intelligently, there are no limits to the outcomes available to you. Limited goals create limited lives. So stretch yourself as far as you want in setting your goals. You need to decide what you want, because that’s the only way you can expect to get it.” —Anthony Robbins

These are powerful words.

So, if you truly want to create the life that you desire, you need to stretch your mind and what you believe is capable for you.

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But, I also know that there are usually two things that can keep you from achieving your goals.

One is anger, and the other one is fear.

In the next section I want to address the second one, ***FEAR***.

The question I want you to consider is,

Is the Fear of Failure Holding You Back from Achieving Success?

Nobody enjoys failing, but you may be letting a fear of failure sabotage your chances for success.

Some people are so afraid to fail that they refuse to try.

Also it's easier to not to try and fail, than giving it our all and failing.

However, ***failing to try is the only true failure.***

If you try something and fail, try again, because almost every success story I've read says the same thing:

Persistence trumps genius. If you keep at it, eventually you will succeed.

However, without trying, your chances of success are 0%.

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There are countless stories of historical figures that failed time and time again, but didn't give up. ***Perseverance led them to success.***

Here are a few of those stories for you to consider, next time you consider giving up after a couple of attempts.

People who simply wouldn't quit:

1. Babe Ruth.

Babe Ruth was one of the most famous home run hitters in the history of baseball.

He had 714 home runs when he ended his career in 1935. That record stood until 1974 when Hank Aaron hit his 715th career home run.

What many don't realise about Babe Ruth is that in addition to his home runs, he also had 1330 career strikeouts.

However, he didn't let the strikeouts bother him.

Babe once said, ***“Every strikeout brings me closer to the next home run.”***

2. Harlan Sanders.

Harlan Sanders, also known as Colonel Sanders, is famous for being the founder of Kentucky Fried Chicken (KFC).

The Colonel faced many hardships because his famous fried chicken recipe wasn't an instant success.

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When trying to market his chicken recipe to restaurants, ***Colonel Sanders was rejected 1,009 times.***

In 1952, he finally persuaded a Utah restaurant owner to partner with him and they launched the first Kentucky Fried Chicken restaurant.

By the early 1960s, there were over 600 locations in the United States and Canada.

3. Albert Einstein.

The name Albert Einstein is synonymous with genius.

He's one of the most brilliant scientists who ever walked the earth.

But did you know that Einstein didn't speak until he was four years old, and didn't learn to read until he was seven?

When he was growing up, one of his teachers described Albert Einstein as “mentally slow.”

Of course, when he grew up he went on to win the Nobel Prize in physics, devised the theory of relativity, and came up with probably the most famous formula in history, $E=mc^2$.

4. Henry Ford.

Henry Ford, founder of the Ford Motor Company, is famous for his innovations in manufacturing and coming up with the idea of the assembly line.

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Although Ford achieved tremendous fame, fortune, and success in his lifetime, he also had several businesses early on that didn't make it.

His previously failed businesses left Henry Ford ***completely broke five times*** before he found success with manufacturing cars.

5. John Grisham.

John Grisham is a wildly successful author who has sold millions of books, many of which have been turned into blockbuster movies.

Getting his first book published wasn't so easy though.

His first book, *A Time to Kill*, was ***rejected by 28 different publishers*** before one publisher finally took a chance on him and printed 5,000 copies.

Despite his rocky start, Grisham has gone on to sell over 250 million copies of his books.

6. Sylvester Stallone.

Sylvester Stallone is a famous movie star, but many of his fans are unaware of the struggles he went through to break into the business.

He was so strapped for cash at one point that he had to sell his dog for \$25 in order to pay his electric bill. Just two weeks later, he wrote the script for *Rocky* and started trying to secure a movie deal.

Sylvester Stallone was rejected over 1,500 times before United Artists offered him \$125,000 for the Rocky script. However, the studio didn't want Stallone to star in the movie.

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Back in the 1970s, \$125,000 was a huge amount of money, but Stallone still refused. United Artists upped their offer to \$250,000 and then to \$325,000. Stallone wouldn't accept the deal unless he was able to star in the movie.

He eventually accepted a different deal that paid him just \$35,000 and a percentage of the profits.

Fortunately for Sylvester Stallone, the original movie went on to gross over \$200 million. The *Rocky* franchise, with all of the sequels, has ***grossed over \$1 billion***.

Here's the point – trying and failing a couple of times isn't just normal, it's necessary for success!

What we call “failing” is in fact **preparation**.

Sometimes we have to learn certain lessons about something, before we can truly succeed.

So, if you're letting a fear of failure hold you back from accomplishing your dreams, think about all these examples.

Imagine how different things would have been if they had quit?

Also, imagine how different your life would be, for yourself and your loved ones, if you decided to quit.

If these individuals had been afraid to fail, they wouldn't have gone on to achieve the incredible success they enjoyed.

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Successful people embrace failure because they realise that there is no such thing as success without it.

In fact, some schools of thought believe that there is no such thing as “success” or “failure.”

Both success and failure are simply “feedback.”

What this means is, any result is simply a result that gives us feedback about the process preceding it.

Therefore, if you had a positive result (success), it’s simply feedback that you can use to replicate another positive result in the future.

However, if you had a negative result (failure), it’s also simply feedback that you can use to improve your process in the future.

Irrespective of the result you get, it’s merely feedback and doesn’t hold any significant meaning except for the one we attach to it.

For example, we can believe that our current “success” means that we are at the top of our game and no longer need to improve.

Alternatively, we can believe that our current “success” simply means we’ve done a few things right but need to keep improving to stay on top of our game and ahead of the competition.

The same principle obviously applies to “failure.”

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We can attach to it any meaning we want, helpful or hurtful.

All of this happens in our head of course, but with real-life consequences.

If you have any more issues regarding overcoming certain fears holding you back, feel free to [contact me now](#) and let's see how we can help you get past this.

Let's now turn our attention to setting effective goals and achieving them.

As I said at the start of this eBook, ***specific, measurable and written goals are vitally important to your success.***

This isn't simply my opinion, but research (as referred to) also validates this.

In addition, another study done by the *University of London* showed that **78% of candidates** in this study **failed to sustain focus** in achieving any of their own meaningful goals set at the start.

So what we know is that writing down your goals in very specific and measurable format is super important for realising them.

But we also know that sustaining your focus in achieving goals (*even when they are truly meaningful to you*), can be challenging for most.

Therefore, it only makes sense to ***turn our attention to focus***, and more importantly, your ability to focus.

There are specific things you can do to develop a more focused outlook to help you achieve your goals more consistently.

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In this eBook, I'd like to share with you *four steps to develop a focused outlook*, even though there might be any more.

Let's keep it simple.

Four Steps to Develop a Focused Outlook and Achieve Your Goals

Here's a fact: *It's very difficult to achieve your goals if you lack focus.*

Energy flows where focus goes.

Another principle in personal development is, *whatever you focus on expands.*

But regardless of how we phrase this, *focus is essential for whatever goal you want to achieve.*

When you lack focus you'll find yourself meandering through life without anything significant to show at the end.

And it happens to the best of us.

When you allow yourself to "go with the flow" or get distracted easily, you'll likely come out as an underachiever.

So we have to change that.

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Ask yourself:

What are you going to do about it?

What are the major sources of distraction for you at the moment?

What changes do you need to make so you have more to show for your waking hours?

Are you ready to make them?

Let's now look at four steps you can take to develop a focused outlook starting today.

Take these steps to develop a focused outlook and be on your way to living the life of your dreams:

1. Know that you're the best.

There isn't anyone better at what you do than you.

I know you've heard this before, but it's true.

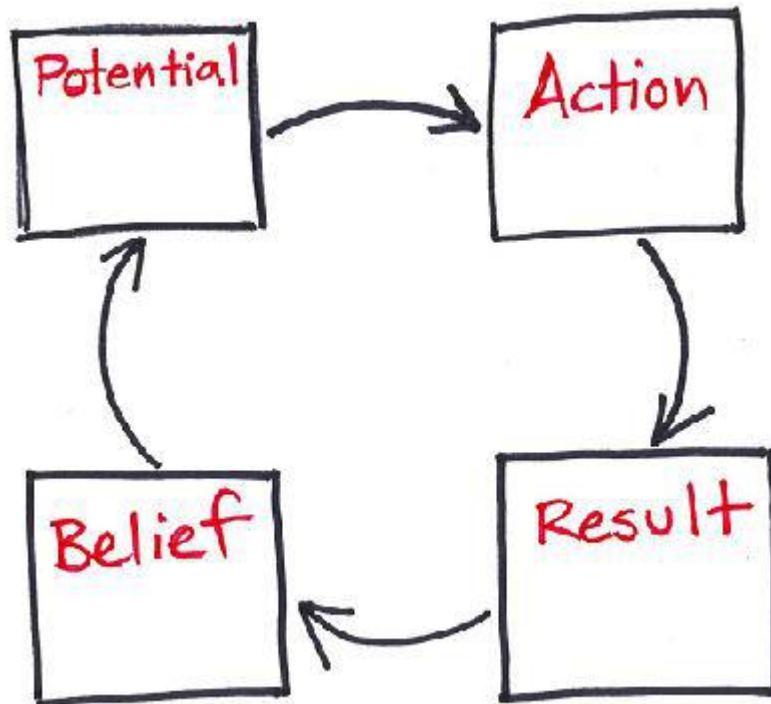
The minute you start believing that, you'll start to pay keen attention to achieving your goals. Just the thought of being the best at something can drive you to give *everything* you've got.

Self-belief is one of life's greatest gifts!

It can help you to see mountains as mere bumps in the road. And once you have that attitude, very few things can stand in the way of your success.

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I don't know if you've seen this diagram or not, but it was developed by Anthony Robbins, and is called the **“Progress-cycle”**:



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What the cycle shows is that your result (achieving a goal) is not dependent on your potential.

You can have heaps of potential, and even skills, but without action there is no result.

But, your result is also not even dependent on your actions.

Because “taking action” can mean many things.

You can take little action, and consistently, which will most likely yield a very small and inconsistent result.

The opposite is equally true.

So the question is, what has the biggest impact on the result you get (goals you achieve)?

This progress cycle shows it is your belief(s).

What you believe about your potential will influence how much action you take, which in turn determine the result you get.

The more you believe in your potential, the more likely you will be to take massive action (and more consistently), which will typically give you a much greater chance at success (achieving your goal).

Therefore, believing that ***there isn't anyone better at what you do than you***, is vital to your success.

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And once you believe that you're the best, others will pick up on that and start expecting great things from you, too.

2. Set focus goals.

If you haven't had much luck with focus in the past, this might be just what you need.

Start out with *smaller focus goals*.

Then, you can slowly work your way up to days, weeks, and months of dedication to the mission at hand.

Start off with a simple goal of five minutes.

Challenge yourself to focus on a task or even an object for five minutes. Surprisingly, you might find it tough.

But keep going until you've conquered that target.

Move on to ten minutes, then half hour, and eventually a whole day. But be sure to master each goal before moving on to the next.

You can train your mind to become whatever you want it to be.

If you have a healthy brain, you have access to the greatest resource you need to achieve the goals you desire.

It's not about the amount of resources you have, but the amount of resourcefulness.

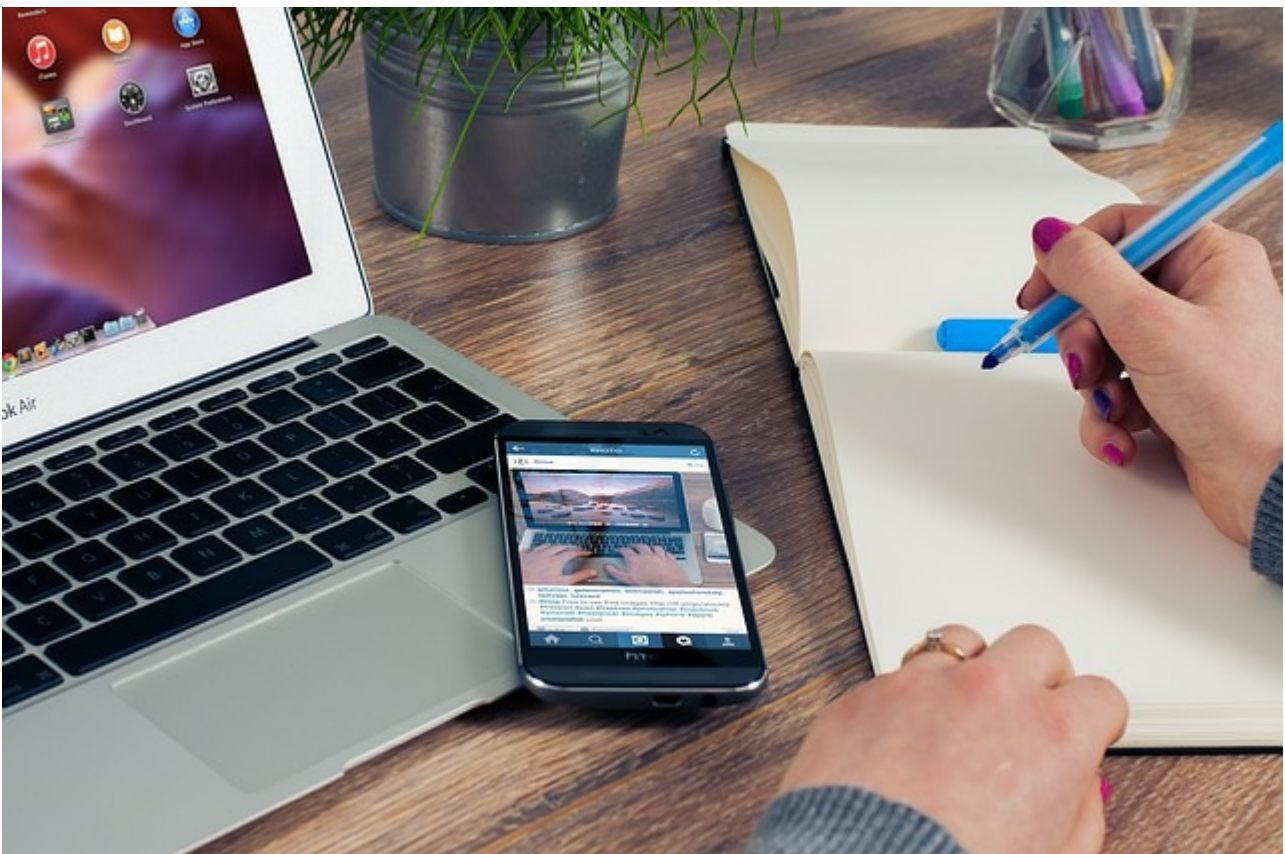
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Success stories testify over and over again, that success (achieving incredible results) is most of the time the result of persistence and resourcefulness and not genius or resources.

Unfortunately, *most people have conditioned their minds into a tool for failure rather than an instrument for success.*

You can change that today, by doing this simple exercise.

Start by focusing on something small and gradually up the ante.



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3. Start each day with a creative task.

Creative tasks usually bring out more focus than mundane activities because your mind automatically goes into production mode.

Are you a writer?

Write a short story or draft a technical document. Do something that requires care and attention to engage your mind, and make an effort to complete what you've started.

When you see the finished product, you'll realise how capable you are when you focus.

You can apply this to any area of interest you have.

4. Develop commitment.

This can be a challenge, but it's worth figuring out.

Take small steps to commitment until you're comfortable with the concept.

I always liken these concepts with training a muscle.

If you want to develop the strength and shape of a muscle, you have to put it through the paces.

It has to be exposed to some form of resistance training.

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Doing that forces the muscle to adjust to the stress on it, which in turn creates the result you want for it.

Developing your ability to commit, is like that.

The more you commit to certain things, the easier it gets.

But, like with a muscle, you don't throw everything at it right from the start.

That will do more damage than good.

You apply just enough resistance to create positive stress (which will result in growth).

Therefore, as an example, don't commit yourself to a stringent diet for 30 days if you're used to eating really unhealthily all the time.

It sounds nice in theory, but I can almost bet you my last dollar that you will fall off the wagon.

Rather commit yourself to eating healthily today.

Then, recommit yourself tomorrow. And the day after. And so on and so forth.

The reason why this is much more powerful, is because once you start generating results, you will automatically be more inclined to continue.

Nothing motivates like results.

So take small but effective steps.

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Celebrate your victories. Reset tomorrow.

Listen, developing a focused outlook takes some work. It isn't a walk in the park, but it can be super fulfilling.

To achieve your goals, you have to give yourself the opportunity to achieve your goals, and that requires a little bit of dedication upfront.

However, we have to talk about distractions.

Dedication is great, but distractions are a reality.

Unless you are prepared to handle distractions, you might find your dedication being challenged.

And unfortunately, unlike ever present distractions, dedication (or willpower) is not an ever present resource. It gets depleted.

So let's turn to the next section and I will show you how to avoid distractions to achieve your goals.

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How to Avoid Distractions to Achieve Your Goals

Here's another fact – ***Distractions get in the way of progress!***

Too often, even the slightest distractions end up being the difference between achieving your goals and missing the mark.

It's natural for various emotions and events to cause your mind to stray. But it's important to avoid getting sidetracked for too long.

A study, published in October 2005, found that employees spent an average of **11 minutes** on a project before being distracted. After an interruption it takes them **25 minutes** to return to the original task, if they do at all.

Now, to put that into context this is what it would mean for the typical 8-hour workday:

- **4.8 hours of distraction**
- **1 hour for lunch**
- **2.2 hours of focused work**

People wonder why they don't get through their work. This would explain some of that.

Learning how to deal with distraction is vital to your success.

In fact, learning how to deal with distraction is ***vital for basic productivity***, let alone scaling your results.

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Let me share with you a couple of steps in the next section you can take to discipline yourself and improve your focus.

Take these steps to discipline your senses and give yourself the focus necessary to succeed:

1. Listen to music.

As strange as it sounds, music can boost your ability to avoid distractions.

But how does noise help you concentrate?

Studies have shown that classical music enhances visual attention. Subjects apparently focus better with classical music playing than they do in silence.

Give it a try next time.

I found that different types of music influence people differently.

The point of this is creating an emotional state that supports high-performance.

Some music puts me to sleep and other music literally gets me fired up.

Find what works for you, but give it a try.

If you're working in an office environment and spend a lot of time staring at the screen, this is especially quite handy (*if it's allowed by office policy*).

It can help you concentrate on your work, while blocking out surrounding noise, as well as deter people from disturbing you when they see the earphones in your ears.

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If you're into exercising, *listening to music also helps you make the most out of your workout.*

2. Focus on one thing at a time.

This step is a work in progress because we live in a world where multitasking is the norm. It's easy to get caught up with doing more than one thing.

But your efforts to accomplish several things at the same time may be breaking your focus.

Research has shown that doing more than one task at a time, especially more than one complex task, decreases productivity.

Psychologists who study what happens to cognition (mental processes) when people try to multi-task, have found that the mind and brain were not designed for heavy-duty multitasking.

Now, although switch costs (*the cost that occurs when switching between different tasks*) may be relatively small, sometimes just a few tenths of a second per switch, they can add up to large amounts when people switch repeatedly back and forth between tasks.

Therefore, multitasking may seem efficient on the surface but may actually take more time in the end and involve more error.

Researchers found that even brief mental blocks created by shifting between tasks can ***cost as much as 40% of someone's productive time.***

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40% of a 7 hour day (lunch included) is 2.8 hours productive time lost due to multi-tasking.

Multi-tasking is a waste of time and doesn't work.

So, for the next few weeks, try to keep your tasks simple and one-dimensional.

Aim to complete one thing before moving on to the other. Even if you feel underutilised in the process, try to stick to it.

By allowing your mind and senses to focus on only one thing, you'll be able to give it your undivided attention.

Then, you'll be able to successfully complete the task and achieve your goals much quicker.

It really is a matter of going slow to go fast in this instance.

3. Avoid distracting situations.

When you're surrounded by things or people whose appeal you would rather explore than focusing on what you're currently doing, you're setting yourself up for distractions.

A great example is studying in front of the television. In this situation, many of your senses are engaged in what you're watching on TV, rather than on your studies. Find a quiet place to study, instead.

Let's say you have a deadline for work.

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Develop the discipline to tell your friends that partying is out of the question tonight. ***Learn to say “no” to distractions.***

This goes for clients also.

Saying “yes” every time they place a demand on you is silly and you’re setting yourself up for major headaches later on.

4. Consider the repercussions.

A little conscious thinking is all it takes to maintain focus.

Have you ever stopped to consider the repercussions of allowing distractions to take over?

Surely you would be less than thrilled if great opportunities passed you by!

Learning how to balance your priorities will benefit you.

How useful is that particular distraction going to be to you a few hours, days, or months from now?

Probably useless. ***Focusing on what’s important gives you lasting satisfaction.***

Allowing distractions to consume your mind also leaves you open to other issues that can interfere with achieving your goals. It’s possible that your mind can become lazy, impatient, and sometimes angry.

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Listen, great things are in store for you once you allow yourself to focus on your goals. Remember that your ultimate satisfaction comes from reaching your goals. If you maintain focus, success is sure to come your way!

Nothing motivates like results, so create some by learning to maintain your focus.

However, there is another matter we need to consider.

One of the reasons we sometimes lack the focus and motivation to keep pursuing our goals, is because they are the **WRONG** goals for us.

Yep, you read that right.

Just because a goal looks like a good goal or sound like a good idea, doesn't mean it is.

I've worked with clients frustrated by the fact that they keep procrastinating and never seem to make any inroads with their current goals, just to discover after some digging that they didn't want those goals anymore or at all.

You will never be motivated by something you don't believe in. That includes good looking goals on paper.

So if you've been struggling to stay focused on your goals, perhaps you need to consider,

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Is It Time to Change Your Goals?

I was reading a blog post recently about the difference between busy and productive people.

This made me think.

A big reason many people have to settle for busyness rather than achieving something is because of having wrong or old goals.

What do I mean?

Many people are busy because they haven't thought about what they want out their life (goals) in quite a while. We get in a rut. We stay there. We work it hard.

Then ... we wake up one day and we're old and life's passed us by. And still ... we're no closer to what we dreamt about in our 30's.

Therefore, let me ask you straight up — ***Are you satisfied with the way things are going in your life at this moment?***

From my heart let me say, I hope that you are on the path of achieving the life goals you've set, and that it's bringing you considerable happiness and contentment right this moment.

But, maybe you're not happy at all at this moment.

Perhaps you've taken a different path in life and your current goals are either either out of sight, or just outdated and not relevant any longer.

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If that's the case, maybe it's time to do something about that.

Perhaps it's time to get some new goals and throw some old ones out.

The fact is, ***sometimes, life requires that we alter the direction we're headed.***

Maybe your focus has changed due to the loss of a partner or job, demanding that you relook at the goals you established long ago.

Maybe you've got kids now.

Perhaps you're older and value different things.

Maybe you've gone through an experience and that changed how you see life.

Whatever the case, thinking whether or not to change your life's dreams may be in on the table for you right now.

So, let's consider a few ideas.

Consider these ideas:

1. **Review your current life list.**

Pull out the list of your life goals.

Have a look at them as ask yourself: ***Are they still what I want?***

Maybe you're ready to let a few of them go to make room for some new ones that are more fitting, or maybe they've just been sitting there gathering dust.

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If that is the case, ***give yourself permission to update your list right now!***

For example, maybe you thought you'd become the CEO/owner of a company someday, but you've discovered that you're more of a salesman. You love meeting people and making new acquaintances and enjoy the challenge of making a sale.

If that's the case, ***let go*** of the other goal!

It's okay to remove the goal of becoming the owner. You don't have to be the boss because your wife or dad said so.

Follow your heart and do what you're good at. And if you can get paid for it, even better.

A motivated salesperson is a much greater asset than an unmotivated manager, I can tell you that!

2. What do you want out of life?

It's a good idea to have your goals written down in a file where you can easily access them to make changes and updates.

My goals are saved on my phone but the most immediate ones are on a white board against my wall.

And I tell you what, they are BIG ones. They scare me because I have no idea how I will achieve them.

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But, I keep looking and dreaming about them, whilst allowing my unconscious to get to work on them.

Where are yours? Can you access them quite easily?

Even if you're unsure of what your overall goals ought to be, **jot down experiences you want to have** and place them in your "file."

Remember what I said earlier about the **power of written goals**. Let it work for you.

If you don't have them written down somewhere, you have NO goals.

That's right; even if they are in your head, if they're not written down you might as well not have any!

3. Ask yourself in which areas of your life do you want to make progress, not just change.

Change for the sake of change is useless.

Many people make lots of changes but never achieve anything.

Rather ask yourself where in your life you want to make progress. Changing is easy. Making progress and growing are harder but more rewarding.

Link your goals to progress and growth, not just changing.

Happiness and fulfillment come from progress. When we grow, we feel great. When we feel great, we do more of the same thing that results in even more progress. Win-win.

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4. Verbalise any changes to goals you're considering.

Inform your partner of the type of life you want since your lives and goals are intertwined. Altering your life goals will involve your joint agreement and efforts.

Also talking about what you want helps you conceptualise your goals.

Your close friends and family will also want to support you in your quest to accomplish your master life plan. Make it a team effort.

Maybe you end up inspiring some of them in the process, to go for gold also in their own lives.

5. Infuse elements of your goals into your day.

When you include daily efforts to create the life of your dreams, your goals won't just be some lofty ideas you rarely think about, but be strongly connected to the objectives that will lead you to your ultimate goal.

For example, if one of your life goals is to take a trip to Europe, start a computer file where you can copy and paste links to websites and information about the places you want to visit. Also, have a paper file to keep magazine articles and photographs.

I use my notebook's screensaver for this. I have pictures of all my goals constantly coming up when my laptop goes into rest mode. This ensures it's always there in the background.

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You can do whatever you want, look something up, check your bank account to ensure your travel funds are building, or read a travel article each day, it doesn't matter. Just start moving in the direction of your goal.

6. Try setting and achieving mini-goals.

If you're curious about a particular goal, but are unsure as to whether you want to change your life's direction, establish a mini-goal to start exploring this area. You'll be able to feel things out and figure out whether the new goal enhances your interests.

Do you want to go further with this new venture? Or have you learned enough to conclude you've been on the right track with prior goals you set?

Either way, you can put the concept of mini-goals to work for you.

Establishing small targets that will lead you to accomplish your main goals is smart and effective, because you're getting a feel for it before investing too much time and energy.

At the end of the day realise that life happens. Things change.

You may see the need to alter the life plan you had previously set for yourself, or perhaps just tweak something.

Put some of the strategies in this section to work for you when you know it's time to put some dreams to bed and start working on some new ones.

Only you will know when it's time.

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In the next section I want to share with you 7 common obstacle to your goals and what to do about them.

It doesn't matter what goals you set, once you have them, you will face certain obstacles.

Knowing about and being prepared for them is always wise.

Let's look at,

7 Common Obstacles to Your Goals and How to Navigate Them

As you will know by now, *having goals will help you achieve the life of your dreams.*

Some of life's most satisfying experiences are those that involve staying focused on a goal until you achieve it.

Yet you'll likely experience times when, no matter how hard you try, you're stymied by obstacles blocking the way.

And unless you know what to do about them, and act quickly, they can derail all your hard work and progress made.

You need to know that **obstacles come in all shapes and sizes.** But it's the subtle ones that you've got to look out for.

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Here are some typical blocks to goal achievement:

- **Lack of creativity.**

You might have your own struggles determining how to best work toward attaining what you want.

Perhaps you've run out of ideas to make it happen.

- **Negative thinking.**

We've all been plagued by negative thinking. You feel you're just not going to be able to achieve your dreams.

Negative thinking is a potent block, because once it begins, it tends to escalate and can become a self-fulfilling prophecy.

- **Lagging confidence.**

Following closely on the heels of negative thinking, sagging confidence is the bane of goal achievement.

You begin to seriously question your skills and abilities to complete the work required to reach your goal.

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- **Focus follies.**

Who among us can claim we've never lost our way on the path toward our dream life?

We want to reach that milestone but we keep getting thwarted by distractions.

How can you work on an important project when your wife keeps asking you why you aren't painting the house or spending time with the kids?

- **Refusing to put in effort.**

It goes without saying that every goal requires you to work and persevere to reach success.

- **Time traps.**

Making your way toward goals is challenging enough without having the irritation of not enough time to do it.

- **Vague aspirations.**

If you're unsure about what you really want, it's a challenge to continue steadily toward your goals. Vague aspirations equal unmet goals.

How to Navigate Obstacles

Now that you have a good idea of blocks you might encounter on your way to goal achievement, it's important that you prepare yourself with a few strategies.

Review the suggestions below (corresponding to above mentioned points) to determine how to best avoid them.

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- **Take responsibility to keep creativity going** (solve lack of creativity)

The only limitation you have here, is the one you put on yourself. Use your imagination to dream up your ideal life and the journey surrounding that.

Even when you have no clue how you will make it happen, do not restrict your imagination with practicality. Give it free reign and let it fly.

I appreciate that this might seem silly initially, but it's very important to feed your unconscious mind with the freedom of your dreams. Then allow your mind to figure out how to make it happen.

So, draw pictures of what you hope to achieve. Make a storyboard of your plan of action. Design a vision board of what your goal pathway looks like and include how your life will differ after achieving your goal.

- **Arrest negative thoughts** (solve negative thinking)

As soon as they creep in, think, "Stop it now" and mean it.

Then, replace that negativity with an "*I will persevere and achieve*" message. Tell yourself, "*I can and will do it.*"

Now, some people might think this is silly, talking yourself up like that, but how do you know that it's not true?

How do you know that you "won't achieve it?" How do you know that "you can't and won't do it?"

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From where I'm sitting, since none of us can read to future, it seems very plausible that anything is possible which means you have every right to replace negative thoughts with a more positive one. They are all equally "guesstimates," if you will, anyway.

- **Review past achievements** (solve lagging confidence)

Give yourself props for goals you've achieved before. This is important because we tend to forget or downplay our past achievements.

It's also important because it is a known fact nowadays that our confidence is linked to our feelings of competence. The more competent we feel we are in something, the more confident we feel to act on our knowledge.

Therefore it's important to remind ourselves of what we have achieved before.

So ask yourself,

What were those goals?

And use these reminder techniques to find and connect with your confidence.

- **Commit to goals** (solve focus follies)

I've talked about this before, but let's point it out again. Remind yourself daily about *why* you want to reach a particular goal, because constantly connecting to the reason *why* we want to achieve anything, is the driving force we need to persevere.

And it's important to understand your own unique why, because we are all different and are therefore motivated differently.

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Thus, by achieving your goal, perhaps you'll earn more money, get a better job, live in a place you prefer, or protect your family's future.

Whatever it might be in your case, stay the course by re-committing to goals you value, each morning.

- **Put in the work** (solve refusing to put in the effort)

Along with committing wholeheartedly to goals, you've got to put in the work. Tell yourself your effort will, in the end, be worth it.

Also consider **the cost** to yourself and your family if you do not put in the hard yards now.

What will your life be like five years from now?

What would you have missed out on?

Pay the price now and reap the rewards later. Just put your head down and focus on the next step rather than getting overwhelmed by the whole journey ahead.

In this instance the old adage still holds merit, every journey of a 1000 miles begins with the first single step!

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- **Use your schedule** (solve time traps)

No matter what your goal, consistently schedule the time to work toward it. If you don't keep a calendar now, start.

Look at your entire week or month and what's scheduled with a quick glance.

Write in when you'll work toward goals.

Maybe it will be Tuesday evenings from 7:30 p.m. to 9:00 p.m. or Saturday mornings from 8:30 a.m. to 10:30 a.m.

Follow your schedule consistently.

- **Clarify goals** (solve vague aspirations)

We've already mentioned the power of written down goals numerous times in this eBook, so I won't go into it again.

Just write them down and have copies easily accessible. When you're sure about what you want, then you can diligently work toward those goals.

Listen, ***there will be obstacles to block the pathways toward your goals.*** It's part of life so make peace with that.

But if you can identify the sources of the blocks, you can develop solutions or use these time-tested strategies to navigate those obstacles and claim your success.

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Where there is a will there is a way. And if you catch yourself believing the chatter of your mind, follow the advice of the world famous life coach who said,

“divorce your story and marry the truth.”

In the next section, I would like to give you a few more strategies to increase your willpower.

We’ve already mentioned the role that determination or willpower can play in achieving your goals, but in order to use it effectively you need to understand a few things first.

So let’s now look at,

3 Easy Ways to Increase Your Willpower

How many times have you said to yourself, *“Why did I do that? Why don’t I have more control over myself?”*

It seems to happen whenever we do something to give ourselves short-term pleasure at the expense of long-term pain.

Overeating, spending money that should never been spent, staying up too late, procrastinating, and being lazy are all good examples of the types of behaviours that cause us to wish we had more willpower.

But, willpower has a shadow-side we need to keep in mind if we are to reach our goals with it.

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Research has shown that willpower is a limited resource.

Again, it works like a muscle.

The more you use it the quicker you deplete it's effectiveness for other subsequent activities. It's also true that it gets stronger over time, as you use it more and more, but it still doesn't mean it's unlimited. It's not!

It only lasts in the short-term (even when built up over time), and other strategies are required in the long-term. But, willpower is still very useful in the appropriate circumstances.

Therefore, to help you build up your willpower, consider these next three ideas.

3 Tips to give you more self-control over your behaviour:

1. Plan ahead for your periods of low self-control.

Be smart. If you know you tend to overeat at night, perhaps you could have several healthy snacks available when you inevitably get the munchies. Or keep unhealthy options out of the house completely.

Maybe having an earlier, larger more nutrient filled dinner will make the later hours easier.

Perhaps stock up on popcorn for a filling but low calorie-dense snack.

Whatever you do or whatever area you're working on, plan ahead for the periods when your discipline seems to be the lowest.

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This is important because you can literally destroy all your hard work in a few minutes of ill-discipline.

Therefore, look at your past behaviour and expect that you're going to act the same way in the future, and plan for it.

Either figure out a way to prevent the situation from occurring in the first place or put some strategies in place to successfully navigate the situation.

Remember successful individuals are good about *learning from* and *not repeating* their mistakes.

2. The more you use your willpower, the more willpower you will have to use.

As mentioned before, think of willpower as a muscle. By pushing yourself to use your willpower on a regular basis, your willpower muscle will get stronger.

For example, not having a piece of cake when you really want one or pushing yourself to clean the garage will make your will power muscles stronger.

Every day, find some unpleasant tasks and complete them. These can be simple things like cleaning the house, washing the dishes, or making those unpleasant but necessary phone calls. It really does get easier with time.

However, realise that as with a muscle, there is a limit to what you can do at any given time. Yes, you can improve the strength and endurance of a muscle, but there is always a limit.

The same with willpower.

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The more you use it, especially during the early stages, the quicker it runs out. Thus, it becomes a matter of prioritising.

Choose what you want to use your willpower on and “automate” the rest of your responsibilities as much as possible.

What does that mean?

It means, if you need your willpower to get fit and eat healthily for example, use it for getting to the gym and eating healthy without also putting yourself in situations where you feel tempted to stray and having to use your willpower to stay the course.

In a nutshell, make it super easy to stay the course and really hard to stray.

This way, you save your willpower for when it matters and is needed most. It's like saving your legs for race day rather than running yourself into the ground every day leading up to the race. Use just enough to get better, but still as little as possible to be competitive on race day.

Furthermore, congratulate yourself. ***Every time you are successful in using your willpower wisely, be happy and grateful that you have so much self-control.*** Celebrate this every time you succeed. I know this could sound silly or even corny but it's important to positively reinforce your behaviour.

You're probably good at being hard on yourself when your willpower falters; be just as diligent at making yourself feel good when successful.

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3. Eat healthy.

This tip is physiological more than psychological.

Studies have shown low blood sugar can dramatically decrease willpower. ***Your brain simply needs a certain amount of glucose available for maximum self-control.***

We are all different as to how much food we need to function properly and healthily, so I can't give you a blueprint here.

However, ask yourself if you're eating in a way that promotes low blood sugar or not.

If you are, you might have to adjust the timing of your meals a bit. Perhaps consider eating something small every 2.5-3 hours. I won't discuss what type of foods here, but you can find plenty of articles on my blog at GideonHanekom.com.

Furthermore, exercise can also increase insulin sensitivity, which will help to maintain blood glucose levels. So, ***not only is exercise good for your health, but it's also great for your willpower too.***

Again, in a nutshell, cut back on simple sugars and processed carbohydrates. They can wreak havoc on your blood sugar. And move more.

The next time your willpower is faltering, consider having a piece of fruit or other appropriate snack and go for a walk outside.

This might be all you need to get back on track. I like grapes or bananas. They have a higher sugar content, but they seem to do the trick for me.

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Final Thoughts

Being successful long-term requires forethought and planning.

Also, even though the future is uncertain, there is one prediction I can make fairly accurately:

The way you've behaved in the past is a great predictor of the future. Unless something has changed, you can expect a very similar result.

If you couldn't lift 300 lbs yesterday, you shouldn't expect to be able to lift it today. If you were 50 lbs overweight yesterday, chances are you still are today. If you were a poor saver yesterday, you probably still are today.

The reality is, ***nothing changes until you change***. I understand that it doesn't sound sexy and isn't rocket science at all, but it is the truth.

In fact, it's a truth that keeps a lot of people from ever achieving any of their goals. They sit around waiting for some magic formula or golden opportunity to transform their lives. But it very rarely shows up.

The hard truth, is that you need to learn from your present situation and commit yourself to changing something for a better result in the future.

As the old adage goes, if you keep doing what you've been doing you will keep getting the same result. There is no escaping this.

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It will also pay to always remember that ***willpower is a short-term resource used to plow through any challenge you might be facing at the moment.*** It is not a long-term solution.

For the long-term, it's necessary to establish new habits that support what you desire. To achieve new goals, overcome distraction and beat procrastination, you need more than willpower. You absolutely need new habits and rituals.

These are automatic behaviours taking you to your goals effortlessly.

Without them, you have to rely on willpower, but that's not enough. Willpower is a limited resource.

Before I lost 60 lbs and went from fat and sick to fit and world ranked masters sprinter, I had many plans and some desire.

But, I lacked one thing – results!

Why?

Because, I didn't have the habits backing my desire up.

So, apply the strategies discussed in this eBook diligently and smartly in your own life. But also consider how you can turn many of them into new habits in your life and business.

I mean, you have nothing to lose and everything to gain.

Remember, ***what you've been doing up until now has been good enough for the results you have at the moment.*** If you want something else, you need to do something else.

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Everyone wishes for more willpower, but what they should really wish for, are new habits. It makes things so much easier in the end.

If you like what you've read in this eBook, and would like to further your education to improve your current results and achieve your goals easily and quickly, you might want to check out an online course I created a while back.

It's called **Accelerate**.

It's a simple online course taking you through the science of making and breaking habits. It's not overwhelming, pretty straightforward, and also very practical helping you put some positive habits in place while breaking old ones.

If this sounds like something you'd be interested in, just [click on the link](#) below and get access now.

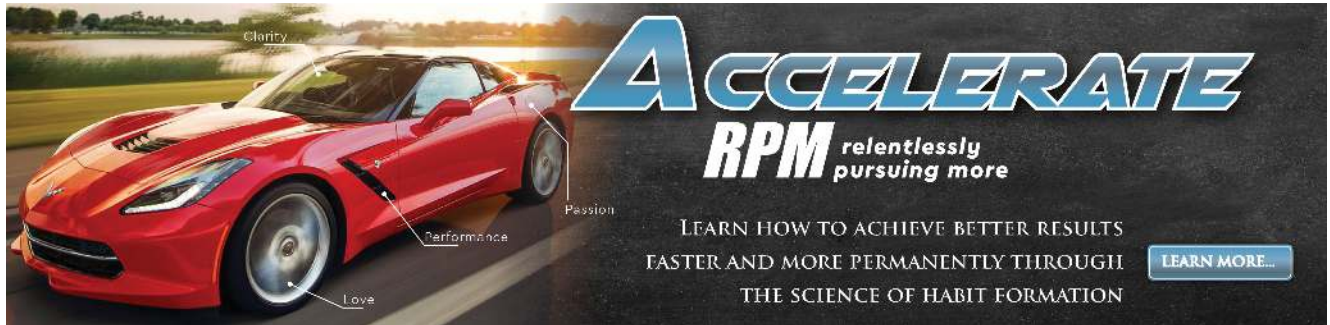
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All you need to do is contact me at support@gideonhanekom.com with the reference "**freelollies**" so I can know you got it through this eBook. I'll be able to track you that way and verify your purchase.

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Sounds fair?

If you have any more questions or just want to reach out to me, you can do so at the same email address.

Other than that, I hope you enjoyed this eBook and got real value from it.

**To your success,
Gideon H.**



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