

6 Goal Setting Tips Based on Science

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Goal setting seems simple on the surface. You define what you'd like to accomplish (clarity) and then take the necessary steps to make those accomplishments a reality. But the truth is, **setting and achieving a goal is more than simply deciding and wishing**. Each year, millions of people set New Year's resolutions, yet few of those people are still on track after just 10 days.

If setting and achieving goals were that easy, there would be more happy, successful people running around, wouldn't there? But, how many people do you know that are actually happy and pleased with their lives? I mean, really happy and pleased. Not very many.

But we can change that today. You can become one of the few people you know to master setting and achieving goals, and actually create the result your truly desire in your life ... starting now!

To do that, let's look at a few specific goalsetting tips based on the science that you can use to improve your chances for success in 2019.

Set Goals and Achieve Them More Reliably with These Tips:

1. Set goals that are meaningful.

Many people waste their time with goals that don't mean very much to them. Life is short, so create goals that fill you with excitement when you think about achieving them. Reaching any goal requires change, and humans are innately resistant to change. Big changes require a lot of motivation.

So, set goals that mean a lot to you, as this will automatically increase your motivation to do what needs to be done in order to achieve what you want to achieve.

2. Use small, incremental behavioural changes.

This point is key – any change can be done easily if the changes are small. Many people make the mistake of going to bed too quickly. And they end up falling off the bus.

Making small incremental behavioural changes is where the magic lives. When we make small changes, it doesn't seem that threatening and we are therefore more likely to continue with the process. It's important to understand that many people resist making changes because the thought of how big that change actually is, and what it will require, is overwhelming.

So, they do nothing.

But small incremental behavioural changes overcome this because it focuses on day to day activities (actions/habits/behaviours) and bypassed the feeling of overwhelm.

But it's important to understand that this approach isn't without its challenges. Doing it this way requires a lot of patience, and some people might struggle with that. Especially due to the fact that we live in an instant result or immediate gratification- centred society.

3. Be accountable.

Rewards are pleasant and work if the reward continues. **Behavioural changes tend to extinguish when rewards are no longer provided.** In psychology they call this, extinction. It can therefore be more effective to make yourself accountable for your poor behaviour, rather than only reward yourself for good behaviour.

For example, each time you skip going to the gym, you give \$10 to a charity you don't like or you wash a friend's car. We might even call this negative reinforcement.

Why can this be effective ?

Because negative consequences are often more motivating for most people.

So, use this fact to your advantage.

How could you use negative reinforcement for non-compliance? Make a list of at least 10 ways.

Please note, however, that negative reinforcement is not the same as punishment.

Punishment is oftentimes a consequence to a particular action, but not necessarily immediate. The problem with that is that the brain cannot make a connection between the behaviour and the consequence, and that behaviour is most likely to continue.

Negative reinforcement, on the other hand, tends to be immediate. In other words, there is an immediate consequence for either an action taken or non-compliance (i.e. you didn't do what you said you had to do).

This reality of immediate negative feedback is very effective in creating behavioural changes.

4. **Keep goals believable.**

Is it possible to increase your earnings from \$50k this year to \$1 million? Is it possible to lose a hundred pounds (50 kg) in one month – is it even healthy?

It's possible, but it's not likely.

And if you believe it's unlikely, you're unlikely to even try. It comes back to the idea of overwhelm.

The trick with effective goal setting is to come up with the perfect goal which is challenging, but not so challenging that you feel overwhelmed.

5. Track your progress.

Measuring your progress is extremely important because it provides information on how well you're doing.

But why is that important?

Because you can't know if you're making progress toward your goal if you don't measure it, and therefore, you can't adjust your strategy if you're not making progress.

You cannot manage what you don't measure.

But you can shift your strategy if you realise that you're not doing well.

Tracking your progress can also provide a boost of enthusiasm and positivity because when you're making progress, you feel excited and proud, in a more likely to continue.

The opposite is equally true. No progress equals no motivation which lead to no consistency.

6. Be prepared for setbacks.

This oftentimes comes as a surprise to many people – making changes and achieving any goal is rarely a smooth process. There are setbacks. There are bad days with poor results.

But rather than reject your goal when the going gets tough, just be prepared for failures.

When you expect something to happen, it is much easier to handle when it actually does happen.

So, have a plan in place to deal with failure and frustration when they show up.

You might call a friend, family member, or personal coach, or just remind yourself of the purpose of achieving the goal.

It always pays to take preventative action. For example, if you know you're likely to cheat on your diet later in the evening, have some healthy snacks available that you enjoy. Or head to bed earlier and enjoy some extra free time in the morning.

Listen, goals are necessary if you want to consciously change or improve your life. Everything else is a matter of luck and circumstance.

But most people struggle to set and achieve goals because they go about it all wrong.

However, I want to challenge you to set and pursue your goals intelligently because you'll be pleasantly surprised by just how much that changes your life in the end. Something I can tell you a lot about.

Now, after reading this, you're most likely going to do one of two things:

1. Close this pdf, continue as is, and never think about it again ... even though you still might WANT different results in some (all) areas of your life, OR
2. Become inspired to make some real changes in your life, but then realise you need more help doing that ...

which is where I can come in.

If you're serious about making some changes in your life to improve your situation going into next year, then I want to help you.

Many of my coaching clients struggle to see better improvements in their situation, not because the strategies don't work or because they're bad people ... no, it happens because they put their focus and energy on the **WRONG** thing(s)!

And one of the most common mistakes they make, as I said before, is focusing on **OUTCOME** rather than **PROCESS** (including steps).

Big mistake.

Why?

Because when we focus exclusively on outcome, rather than process, it becomes very easy for that outcome or result to become detached from our daily lives – i.e. we know **WHAT** we want but we never actually focus on and take the **STEPS** required to get there.

So, what's the answer?

Movement.

If you want to create a new result in any area of your life, focusing on the outcome isn't enough.

What you need is to start focusing on movement.

You have to focus on making a start, and repeating certain behaviours until you reach a critical point and momentum takes over.

Once this happens, the change becomes inevitable.

But getting there can be tricky.

Therefore, what I want to give you here isn't for everyone.

In fact, it will only be for a select few people because not everyone is actually ready to create the improved results they want in life, even though they say they are.

If you click on the link below, it will take you to a download page where you can get access to an eBook/MP3 (audiobook) called **BEHAVIOUR BASED GOALS**.

In this book, we examine this process of using behaviour-based goals to become happier, healthier and much more productive.

We'll start by looking at the concept of behaviour-based goals, learning what they are and why they are an important tool in a well-rounded life.

Next, we'll look at behaviour versus results. We'll learn how results are actually simply a by-product of everyday learned positive behaviours.

And finally, we'll take a look at some tips and best practices that will allow you to implement the behaviours that can help you to more effectively reach your goals.

Getting to your goals is a journey and that journey requires that you keep moving.

And behaviour-based goals allow you to develop those habits that help keep you moving in the right direction so that accomplishing what you want to accomplish becomes automatic and a certainty.

So, if this sounds like something that could benefit you before 2019, click on the link below to get access now.

 [Get access to the Behaviour Based Goals eBook/MP3](#) 