

Goal Setting

What is a goal?

A goal is something that we choose to aim for in life, be it personal or at work and when we achieve our goals, we get a sense of achievement in our lives. Without goals, we can end up drifting and life can feel like too much hard work because we have no direction. Goals give us directions and something to look forward to. When we set personal goals, it is because there is a positive intent behind our intention.

To help you on the way, take a piece of paper and spend no more than half an hour writing down all the things that you want to achieve in life. Do not cross anything out at this stage no matter how trivial your goal may seem. Go back to this list in 2 days time and add more to the list. To help you with some ideas, you can think about the following areas:

- Family
- Wealth
- Relationships
- Work
- Health
- Friends

Goals can be short term, medium and long term goals and it is good to have a combination of all three goals. Differing length goals ensure that we are achieving our dreams and goals on a regular basis.

In order for goals to become a reality, we need to ensure that we expend the effort required to turn the goals into a reality. Goals need to remain fluid in order for accommodate the need for change which is why it is important to revise goals on a regular basis. Writing goals down is also effective as we have can view these on a regular basis to remind ourselves what we wish to achieve.

At Aim High Limited we can help you set the goals you wish to set and lead the life you wish to lead. Contact us **TODAY** and find out how can turn your dream and goals into reality. Either send us an email contact@aimhighltd.com or call us on +44 207 241 3646.

