

# How To Set and Achieve A Goal



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# Introduction

In 1953, researchers surveyed Yale's graduating seniors to determine how many of them had specific, written goals for their future. The answer: 3%. Twenty years later, researchers polled the surviving members of the Class of 1953 -- and found that the 3% with goals had accumulated more personal financial wealth than the other 97% of the class combined!

The moral of this story is:

1. Goals work.
2. Almost nobody uses them.

I assume that you already want more from life than what you have and you're searching for a way to get it. That's exactly what you'll find here: a way to get it, whatever your background, whatever your age, whatever your circumstances.

In the “How to set and achieve a goal - free trial” you’ll find three parts:

- I. How to set a goal
- II. How to achieve a goal
- III. Motivation techniques

"Will the “How to set and achieve a goal” help me get what I want from life?"

Yes!

“How to set and achieve a goal” really works - if you do. It really does show you how to make your wishes come true, but only those wishes you're willing to make come true.

This book shows you step-by-step how to invest the time and effort necessary to get whatever you want from life. But you have to make that effort and invest that time.

So don't just read this book! Simply reading this book won't help you.

Follow simple step-by-step plan! Take action!  
Apply powerful techniques!

And I promise that all your wishes will come true.

# Part I

## HOW TO SET A GOAL

### 1. - How to CHOOSE a goal?

Do you have problems choosing a goal? Do you have too many? Or don't you have any goals at all? Then this chapter is for you!

We all want better life. We all have wishes. Wishes are goals - but goals with snap, crackle, and pop.

Goals provide the process that can take you where you want to go, but too often they don't provide the inspiration to get you there.

Wishes are different. They have impact - like being struck by lightning instead of by a lightning bug. They let you dream. They let you soar. They let you tap into a source of limitless possibility and boundless energy that gives you the power to accomplish what you might otherwise never have imagined.

If you want to make things happen in your life, don't think about goals - think about making your wishes come true.

Before you can make your wishes come true, you must first decide what to wish for. Many people grind through one work week after another, daydreaming about the good life, but they rarely master a clear idea of what that "good life" should be.

Not what you're supposed to want, not what someone else wants for you, but what you in your heart want for yourself.

### 2. Are you willing to pay the PRICE?

At a cocktail party one evening, a famous pianist gave a recital. Afterward, her hostess said, "I would give anything to be able to play like you."

The pianist looked at her thoughtfully for a moment and replied, "No you wouldn't."

The hostess, surprised and embarrassed in front of her guest, said, "I most certainly would."

The pianist shook her head. "You would love to play as I play now, but you are not willing to practice eight hours a day for twenty years to learn how to play that way."

Take whatever you want, said God, but pay for it.

- Spanish Proverb

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