

**[MYDIARY PODCAST SERIES]  
[SETTING GOALS]**

**[Intro]**

Hello and welcome to the wonderful world of Get Positive Audio.

You're listening to the MyDiary Podcast series.

I trust you will enjoy this audio presentation titled "Setting goals".

In this audio track you'll learn how to put your mind into focus to get what you want.

*"If you don't design your future, someone else will"*

There are key factors present when we look at successful people. They have an ability to make a choice, create a plan to achieve that choice and persist until they have accomplished it. Simply put that means 'SETTING GOALS + PERSISTENCE = SUCCESS'.

Successful people have developed the ability to set and achieve their own personal goals. Goals provide a structured method for achieving success it helps focus your mind on what you do want, as opposed to what you don't want. Setting goals are easy and anyone can do it.

Goals provide you with a:

- Sense of direction to your future
- A sense of purpose or reasoning behind the things you do.
- A focus point from which you can create a plan of action.
- Not to mention the awesome feeling you get when you achieve them- the improvement in self-esteem and confidence together with a feeling of mastery over your life.

Goals are simply statements you have written down that detail what you would like to happen:

For example:

- My goal is to beat my personal best for 200m Freestyle ( 2.10mins) by the 3<sup>rd</sup> of March 2008
- My goal is do my class presentation next Thursday without using any notes.

**When you are setting goals it is important to ask yourself the following questions:**

- Do I really want to achieve this goal?
- Am I excited about this particular goal?
- Am I prepared to make sacrifices in order to achieve this goal?

- Will I do whatever it takes to reach and attain this goal?

If you answer yes to these questions, then you are ready to start turning your goals into reality.

If you answer no to any of these questions then there is no point in attempting to create a plan to achieve a goal. You are unlikely to achieve it and the process will be a negative experience.

**There are a few key things to keep in mind when you are setting your goals.**

**1. Your goals must be measurable**

- Otherwise how else will you know that you have achieved them?

**2. Specific**

-Include an exact date when they will be accomplished. This will give you a sense of urgency and kick you into action.

**3. Personal to you**

You can't set goals to change other people, or a goal that someone else wants for you, because then it's not really your goal. When the going gets tough that personal drive is not going to be there to push you through.

**4. Positive**

As the law of attraction states, what you focus on expands, so you want to move towards something positive and to move away from something negative.

**5. Big and Small**

Include both small achievable goals as well as the challenging and tough ones. The smaller goals will act as milestones and will motivate you to continue.

**6. Written down**

And don't forget that they must be written down. Putting pen to paper turns lofty dreams into definite goals.

**Putting Your Mind To Work**

In order to manifest your goals it is essential to imagine the images that relate to achieving those goals.

**Use Visualisation**

You can do this by going through the final sequence of achieving that goal.

You might be wanting to win gold at the state 1500m athletic finals, so you picture yourself gaining a spurt of energy in the last 100metres that leads you out to the front of the group, then you increase your winning gap until you cross the line metres in front.

You imagine the crowd roar as you enjoy the adrenalin rush of being the state champion.

Another way to visualise your goal is to:

Stick an image next to your bed that represents your goal. Glance at it first thing in the morning and last thing each night.

It really only takes a few moments out of your day, but will set your mind in action to bring about your desire.

**[Closing]**

Thank you for listening to this podcast.

Feel free to download this audio file to your iPod so that you can replay it at any stage.

I wish you all the best with your studies.

Until next time, Stay Positive!

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