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Benefits of Goal Setting by Danny Bader

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Itâ€™s surprising why certain people could not attain an inch of what they dream. Setting goals is a very important part of success and positive accomplishments. People who set goals literally create a map of their target achievements in life, marking where they should begin, where to pause, where to delve a bit, and where and when to stop. Once this map is created, it allows the map drawer to check where he is in the scheme of things and whether or not he is making some achievements that will take him closer to his goals.

By setting goals, people will know how they are doing and what they should be doing to achieve their targets or dreams in life. They will know if they can relax or if they have to double their efforts when they are falling short of what is expected of them. Goal setting means a person is proactive in dealing with challenges that may affect his plans. Being proactive means one is able to outline possible difficulties that may occur as well as the solutions to these difficulties. By doing this, a person is not easily scared or defeated when challenges occur because he has already prepared for them. He knows they can happen and he has prepared a solution or strategy when that time comes.

Setting goals will enable people to track their progress in whatever endeavor they have set out to do. It will help people become more confident in them and more motivated to achieve their plans. However, goal setting is not enough, as this should be accompanied by a positive outlook and self-discipline. A person may have a blueprint of where he wants to go, but if he does not have the necessary discipline to carry out the plan, then nothing will come out of it.

To be successful in goal setting, the goals that one has set for himself should be realistic and based on his capabilities, as well as selected and important external factors. Being too ambitious in setting up goals can make the goals unrealistic and difficult to achieve. However, do not also set goals that are too low because this might discourage oneâ€™s vision instead of achieving it.

It is also necessary that the person setting the blueprint for his direction should also include a time frame within which the goal will be achieved. This way, he is able to determine if he has to fast track his strategies or to slow down a bit. Goal setting will also help a person check if he is performing within his plans or if he is doing things towards the achievement of his plans. Once you have achieved something, even a little of what you hoped to achieve, then you should always give yourself a pat in the back to keep you motivated. But do not be too complacent with any little achievement, as this may cause you to backslide.

Setting goals can be used in any aspect of oneâ€™s life - from oneâ€™s personal or family life, to his care and finances Goal setting can be as simple as setting a target weight when you wish to lose pounds or something big, like earning your first million. When setting goals, it is always important to set standards that would suit your present situation, your capabilities, and other factors that may influence the achievement of your goal.

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Danny Bader is one of the best inspirational Catholic speakers in Philadelphia, DC and New York areas. From his study and intense observations, Danny is a Philadelphia a <c:alink:http://www.dannybader.com/ >Motivational Speaker, inspirational keynote speaker that has developed and distilled his philosophy for living a happy and fulfilling life into five simple principles he calls jackrabbitâ€”or jckrbbt for short. Our lives are the product of the principles that guide us in the choices we make and the actions we take. The principles of jackrabbit that Danny Bader uses as the foundation for his inspiring, humorous, and thought-provoking talks are be still, know thyself, develop vision or create reality, seek support and evolve.Please Visit www.dannybader.com for more details.

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