



Ten Myths and Realities of Goal Setting

Myth #1: Goal Setting is Not That Important

Reality: Success Requires Goals - End of Story! A life of meaning needs goals and specific plans to achieve them. Success does not happen by accident.

Myth #2: Goal Setting is Difficult and Takes Too Much Time

Reality: Performance is accelerated by time invested in strategy. The game of life is won behind the scenes, in time spent on preparation.

Myth #3: New Years is the Best Time To Set Goals

Reality: There's no better time than now to take control of your life. Goal-Setting is not about timing it's about decision. This life is not a dress rehearsal; it's the only one you've got.

Myth #4: Goals Don't Need To Be Written – Keep Them In Your Head

Reality: Written goals clarify thinking, objectify their potential, and reinforce commitment. The palest ink is better than the strongest memory. Goals once out of site, soon become goals out of mind!

Myth #5: Long-Term Planning Is A Waste of Time

Reality: Your Future deserves consideration. It will someday be your present reality. It's worth considering seriously.

Myth #6: A Good Plan Is All You Need To Be Successful

Reality: Success is active, not passive. All plans require action. Preparation is no substitute for action. Commit to the philosophy of implement now - perfect later.

Myth #7: The Best Way To Achieve a Goal Is To Just Begin

Reality: Action without planning is the root cause of most failure Success is a choice. With a plan to lead you, you can figure out how to get where you are going.

Myth #8: All It Takes is Hard Work To Achieve Your Goals

Reality: Hard work is important, but working smart is mandatory. Quit trying harder, look for new solutions, and you will accomplish far more in far less time with only a fraction of the effort you have been giving.



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Myth #9: I Can Do It On My Own. I Don't Need Help

Reality: Success requires cooperation. Nobody does it alone. In order to achieve more you must learn to help yourself. Success requires the cooperation of others.

Myth #10: Goals Only Need to Be Reviewed Once a Year

Reality: Inspect what you expect. Everything changes. Your goals must keep shaping, shifting and flexing to fit these fast-changing times. Adopt a regular and consistent review process.