

How to Create Golden Goals which Guarantee Success in Life

By

David James

www.life-methods.com



Introduction

Welcome to Life Methods and thank you very much for downloading this report.

Let me begin by congratulating you on taking one of the most important decisions you will ever make in your life by deciding to set yourself some “Golden Goals”. I am sure this is probably not the first time you have ever set goals for yourself. Many of us set goals such as passing exams, getting a particular job, or visiting a dream holiday / vacation destination.



These are all very good and achieving them gives you a sense of achievement and pride in a job well done.

In this report I want to talk to you about what I refer to as “Golden Goals” and these are goals which will lead you towards enjoying some of life’s most important things such as Happiness, Health and Wealth.

Happiness and good health are the two most important things in life as without these your life becomes either dull and meaningless, or a constant battle with illness. Having said that, it is usually the search for wealth which brings people initially to the concept of goal setting.

On average out of every 100 people who set out on life only 1 will ever become rich and another 4 will be financially independent. Out of the other 95 there will be 54 who are broke and depending on friends, family or the state to provide for them; and 41 who will toil throughout life and struggle to make ends meet.

On the face of it those aren’t good odds for us so you need to take steps now to ensure that you end up in the successful 5% and not in the unfortunate 95%.

By far the best way to ensure that you can do this is to set yourself some goals and then start taking action to achieve them.

Let me illustrate the power of goal setting with a short story. In 1979 the students on the MBA program at Harvard Business School were asked this question: “Have you set clear written goals for your future and made plans to accomplish them?” The replies showed that only 3% of the graduates had actually written down their goals and plans. Another 13% had thought about their goals but had never written them down. Amazingly 84% of Harvard business graduates had no specific goals at all!

Ten years after this initial survey was done the members of the class were surveyed again. The results showed that the 13% who had thought about goals but never written them down were earning on average **DOUBLE** what the 84% who had never had any goals were earning. That statistic alone should serve to show the value of having goals.

Prepare yourself for a shock! The survey showed that the other 3% who had thought about their goals, written them down and made plans to achieve them, were earning on average **TEN TIMES** as much as the other 97% put together!

I hope you will agree that making goals is a key factor in achieving financial independence and the same can also be said for achieving happiness, whether that is through discovering inner peace, building relationships or doing work that matters to you.

Why do people not set goals?

If setting goals is so important and so beneficial then why do more people not do it? This is not a new concept and there is indisputable evidence that people who create goals and write them down are happier, richer and more fulfilled.

It's not a difficult task and when you sit down to do it you should enjoy the experience. Nevertheless most people never do it, even when they know that the rewards can be immense.

The main reason why people do not set goals is because they subconsciously realise that by doing so they are forcing themselves to face up to change. This is something that most people are uncomfortable with and it produces a reaction of either fear of change, or an unwillingness to change.

This fear of change is often enough to kill off any good intentions you might have had. It seems to suck the energy out of you and leaves you saying to yourself that it might just be easier not to stray out of your comfort zone.

An unwillingness to change is otherwise known as Laziness and is probably the main reason why most people never set goals and never achieve anything of any significance.

Beware of these two reactions when you come to set goals because you will almost certainly experience them and you will have to overcome them.

Setting yourself goals and then achieving them is going to involve making changes to what you are currently doing and it is going to involve work – possibly lots of work!

Many years ago I set myself a goal of becoming rich and set out to achieve it. The problem was I wasn't prepared to put the work in at that time. I was a sucker for all these business opportunities, DVD's, and online courses which promise to make you incredibly rich without having to do any work.

The truth is that you simply can't achieve your goals without putting in the work and applying some discipline to achieve them. This is not to say that achieving your goals should be a chore. When you have a clear plan of what you want to achieve and how you are going to achieve it then working towards it will be a pleasure and will be accompanied by the anticipation of enjoying the fruits of your success.



Making a Start on Creating Your Golden Goals

Let's make a start on writing your goals. Many people have absolutely no idea what they want to achieve in life. If you already have a clear idea of what you want to achieve then that's great but if you need a few ideas then try practicing a concept called Idealization.

Idealization is simply where you think about what would be your ideal future picture of what your life would look like, if it was perfect in every way. If you had no limits on your life or time what would you do with it?



Ask yourself these two very important questions:

- 1) What would I do if I won a million pounds/dollars/euros?

How would your life change if you were suddenly a millionaire? What would you do with the money? What would you buy? What financial issues would you fix?

By thinking about what you would do with a large amount of money you sometimes highlight what you actually want to achieve in life. Write down whatever comes to mind as these could become the goals you eventually write for yourself.

- 2) What is the one major thing you would do if you knew that you couldn't possibly fail?

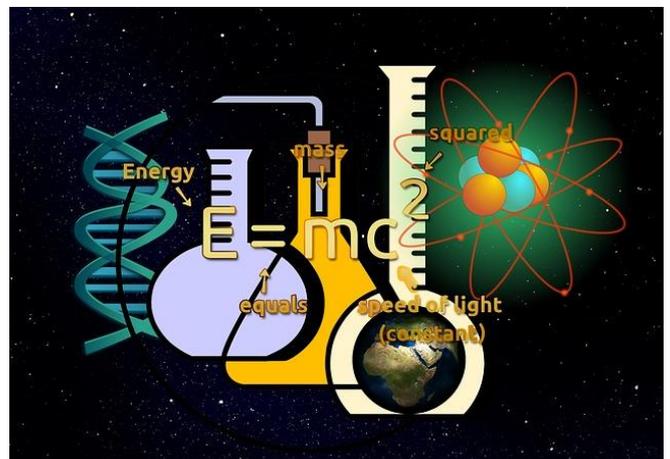
Think long and hard about this. If you were absolutely guaranteed to have success with this – what would it be? Your answer to this question will reveal your major purpose in life but the process of deciding on this will throw out a lot of other ideas for goals. Again write them all down as you will be creating a list of goals – not just one or two.

The formula for creating Golden Goals

Before we come to actually writing your Golden Goals there are a few things you need to know and understand about writing goals. There are a number of steps to work through to create each goal but the idea is to create goals which are very specific to you and which will help you to achieve the success in life that you deserve.

- 1) Decide on your goals and write them down. In the next section I am going to give you some pointers on what some of your goals should be but others will be very personal to you. Think back to those Harvard graduates.

By taking this first step and writing down your goals you have already moved in to the top 3% of achievers and given yourself a chance to change your life for ever.



- 2) Be specific in your goals. Don't be wishy-washy about this. For example don't write a goal which says "I am going to be rich". Instead be specific and write a target such as "I am going to have 1.5 million pounds/dollars/euros in my bank account".
- 3) Set a deadline for your goal. This will help you to focus on achieving your goal and frequently will subconsciously propel you towards it sooner than you think.
- 4) Identify any problems that you will have to overcome. This will form part of your planning. By thinking in advance about what problems you might face you can start to think about what solutions you can come up with
- 5) Consider what skills you might need to learn to achieve your goal. This is often a major stumbling block for people who simply think "I can't do that" and so they just give up. Setting goals will usually mean achieving something that you have never done before and so you will inevitably need to acquire new knowledge and develop new skills. This is something you should be excited about and not intimidated by.
- 6) Formulate a plan for achieving your goal. Take the list of problems you identified earlier and look for solutions. Don't be afraid to ask for help if the solution involves other people or organisations. Write down a list of things to be done to achieve your goal and then arrange them in order. Prioritise the most important tasks.
- 7) Take Action! All of the steps are important but this is most important of all. When you have created your plan start putting it into action. Try to do something every day that moves you towards achieving your goal. Often the hardest part is making a start. You might look at your plan and suddenly feel like it is just too much and unachievable. You must resist this feeling and resolve to make a start because you will find that once you are working towards your goal the momentum of your actions will carry you through.

What are The Golden Goals which Guarantee Success In Life?

Now that we know how to write our goals it is now time to get down to actually writing them. These are the Golden Goals:

Golden Goal No1: Your major purpose in life.

If you think back to question 2 above then you should have identified your major purpose in life. This should be something really big and it may be something that you will never actually achieve in your lifetime. This might sound odd but the main purpose of this goal is for you to identify what is really important to you.



Dream big for this goal and write it down. This should be "Your Passion" and a lifelong target for

you. In this case whether you achieve it or not is not paramount as working towards it will bring its own rewards.

As an example of this, in June 2016 the Northern Ireland football (soccer) team qualified for the European Championships. Northern Ireland was one of the smallest nations to qualify for the tournament (only Iceland was smaller) and they were the rank outsiders in the betting for the tournament. They were expected to lose every game and be eliminated early.

However the team manager set goals for his players such as getting out of their group and qualifying for the later stages. He made them believe in themselves and believe that they could beat the bigger and better teams in the tournament. The fans of the team were told to “Dare to Dream” and the hashtag #daretodream began to trend on twitter as the team beat Ukraine and narrowly lost 1-0 to the world champions Germany.

Of course they didn’t win the tournament but by setting goals they managed to achieve far more than anyone ever expected. For Golden Goal number 1 it is time for you to “Dare to Dream”

Golden Goal No 2: Your wealth

For this goal you must decide how much money you are going to have. Decide on an exact target and then work towards that.

Think carefully about what this figure will be because the higher it is, the harder you will have to work to achieve it. How much do you need? What figure will allow you to live happily and enjoy life?

Golden Goal No 3: Your house

For most people your house will be the most expensive thing you every buy and it will also be the place you spend most of your time. Think about what would be your dream home and then write down a clear description of what it looks like. Visualise yourself living in your dream house and imagine what it feels like walking through it or relaxing in its gardens. This will serve as its own motivation to achieve this and other goals

Golden Goal No 4: Your skills

What have you always wanted to be able to do but never had the time or money to be able to learn it? Do you want to learn to play the piano, write a book or create your own website? The more new skills you learn the happier you will feel about yourself and the better equipped you will be to achieve new goals.

Golden Goal No 5: Your relationships

Health and happiness are the two most important things in life and having good relationships with friends and family are vital for your happiness and wellbeing. Consider your relationships and ask what you can do to make them better.

Other Goals

These five things are vital to be included in your personal goals but you must not stop here. Set yourself a target of writing at least ten goals. You should already have identified other goals when you answered the two questions above.

Now is the time to be “selfish” and think about what is best for you. This goes against the grain for many people but always remember that you will be better placed to help others when you have achieved your own goals.

Be sure to include both short term goals as well as long term ones. Set small goals that can be achieved in a few days or weeks as well as ones that will take years to achieve. Every time you achieve one of your goals, even a small one, you will be infused with a sense of belief that you can achieve even more.

What are the Consequences of Not Writing Goals?

A few years ago I took my family on holiday to the beautiful Mediterranean island of Majorca. We had booked a private villa and hired a car at the airport to get us there. I knew that our villa was just outside a town on the island called Sencelles and having had a quick look at the map I was confident that I knew how to get there.

The drive to Sencelles was fine but it was only when we arrived in the town that the problems started. You see Sencelles is a very old town with lots of tight narrow streets and a bizarre one-way system. We got hopelessly lost and it was beginning to feel like Groundhog Day as we seemed to keep passing the same old houses, shops, squares and street corners over and over again.

When I finally got out of the town we were heading in the wrong direction and we spent a further half hour lost in the countryside before finally finding the main road.

The next year we went on holiday to another villa in Majorca. This time before we left home I studied carefully the route to our villa and plugged it into a map app on my phone. By using the app we drove straight to our villa even though it was in a region I had never been to before and knew none of the roads.

On both of these journeys I had set out with a specific goal – to drive to our holiday villa. The difference is that on the second occasion I had made a detailed plan of how I was going to achieve my goal. Making a goal is great but making a plan for achieving the goal is just as important.

Think back to those Harvard Students we discussed earlier. Every single one of them was a top student that received the finest business education that money can buy. Why then did they achieve such dramatically different results in life?

Clearly the answer is that by setting goals and planning how to achieve them and then taking action the top 3% became more successful than the rest combined.

The whole purpose of creating these Golden Goals is for you to become absolutely clear about what you want to achieve in life and then to make a plan which you can work on every day. By doing this you will find that you will unlock all of the potential you have inside and you will actually discover the real You!



The consequences of not taking time to write your goals and plan how to realise them are a life of mediocrity and struggle. Don't let this be you.

Whatever goals you set, I wish you all the very best!

