

**T.J.'S.
Method**

12

SECRETS

TO

**STAY
FOCUSED**

&

**ON
TRACK
TO
ACHIEVE**

**YOUR
GOALS**

Table of Contents

What is #GOAL setting, and what the basic steps?	2
Making Your #New Year's #Resolutions Stick!.....	3
Secret #1 Choose the right resolutions and be specific.....	4
Secret #2 Imagine you have already achieved your Goals	4
Secret #3 Make them entirely #positive - you get what you focus on!	5
Secret #4 Make sure that they fit in - make it humanly ecological!	5
Secret #5 Set intermediate and achievable goals as well - set up your path to success!.....	5
Secret #6 Write them down.....	6
Secret #7 Go public	6
Secret #8 Get support.....	6
Secret #9 Monitor your progress.....	6
Secret #10 Choose your motivation.....	7
Secret #11 Take action!.....	7
Secret #12 Celebrate!	7
Next Steps	8
References	9

What is #GOAL setting, and what the basic steps?

#T.J.'S. Method goal setting is a quintessential step in achieving one's dream in life. By setting your goals, you'll have a clear picture of what you want to accomplish and how you will attain it.

It will give you a well-defined process on what you need to do to avoid failure and guarantee success. #Goal setting for life should be done in a smarter way.

First step in goal setting for life is being specific in your aspiration. If your goal is to earn more money, then set a specific amount that you really want to have. Remember the power of mind so you have to dream big. If you want £100 K then so be it. Always encourage yourself that it possible by filling your mind with healthy positive thoughts so that you will have the passion to work on your goal.

I have now coached over 1000 personal and business clients, the common problem I see is that although everyone I have seen wants things, their desire to have it was in fact quite low. Making sure that your desire is measurable is the next step in goal setting for life.

You have to know where you are now and where you want to be so that you could measure your success. So if your goal is to earn £100K, or you might truly want that figure to be £1M in a year, you have to know how much you are earning now per year.

For example, you are earning £120,000 per year and you want to increase that to £1M. It might seem like a fantasy but if you are focused enough, then nothing is impossible. If you are able to dream it, then you can achieve it.

Knowing the action that is needed to take is the next step in goal setting for life. It's nice to think that by just positive thinking, everything will happen like magic. Yes, it probably would but that would be impossible without the actual work.

Life will present you different opportunities that you have to take advantage of in order to be able to achieve your goals. You have to grab every opportunity with a passion and energy so that success will be rewarding in the end.

In goal setting for life, you need to know your resources that will help you acquire your target. You need to be sociable and you have to keep a wide range of connections because these are the people that will help you out along the way.

Be friendly to everyone because you don't really know who could make a difference in your life. Be open in building new relationships because these

could be the bridge towards your dream.

Finally, providing a time frame when goal setting is also important in order to determine if you have finally succeeded in this process.

You have to know when you will start taking action and when should you achieve that goal. It will motivate you more knowing that you have deadlines and targets to meet and more importantly you will have something to really look forward to the day you finally achieve that goal.

However, it's essential that your time frames for achievement are realistic and achievable. Setting unrealistic time frames will mean you become disillusioned and despondent meaning that you will probably give up and abandon your goals.

Once you have finally attained your goal, relish the moment of your success. There is nothing more gratifying than knowing that everything you have worked hard for has finally paid off. Also make sure you will reward yourself properly for every goal you achieve, be it big or small, because firstly you deserve it, and secondly it will provide further motivation for you to go on and achieve more.

Understand that your success is just a start of a new beginning because bigger things are just about to come your way when you properly implement a system of goal setting for life.

Making Your #New Year's #Resolutions Stick!

If you do want to make changes in your life - and let's face it who wouldn't in the present environment of doom and gloom, then the break in routine and the sense of a new start to the year after the winter break is an ideal opportunity to disrupt old habits and behaviours in order to make changes, but remember that you can make real life goals that work for you anytime that is right for you.

For several years now, in December, just after my birthday and the time before Christmas and the New Year I spend an hour or so writing resolutions - putting them into a sealed envelope for the next year and then I would revisit and have a good laugh reading what I wrote the year before! But then, what I discovered more than 80% of what I wrote I manifested - so I decided to learn more.

New Year's resolutions are at their best a personal planning or goal setting exercise. In work or sport, we would not make plans for twelve months in a brief moment after a big night out so why do we do this when we are setting out to plan out something as crucial as our lives?

So if you are serious about change then invest some time in developing a good set of resolutions and give them some thought, both in terms of what

you are planning to do as well as how you set your resolutions. The vast majority of resolutions fail because they are badly thought through and are badly worded. Download my Positive Affirmations Document and get yourself some “You” time” and start writing some positive affirmations and in there you will also learn about the language you need to adopt to maximise your results.

Really, the first thing to do is to decide if you really want to change and what precisely you want to change or achieve. You may have a clear idea of what you would like to do, here is the 12 proven Steps that will well you design the life you want:

Secret #1 Choose the right resolutions and be specific

The #T.J.'S. #Method uses the well-known 'Wheel of life' tool to not only help you assess different areas of your life - relationships, career, health, learning etc., but also to prompt you to consider each goal in relation to the whole of your interests and responsibilities.

So, choose the right areas of your life and be specific about what you want to achieve. You are not only setting out a conscious plan but also programming your unconscious mind to achieve these things for you as well.

As soon as your #goals become embedded into your unconsciousness you start to achieve them, so if you have set out to earn more than you did last year then once you have earned £1 more your target is met! Be as specific as you can be. The unconscious mind is highly literal, so be as specific about what you want to achieve as possible!

Secret #2 Imagine you have already achieved your Goals

Use your #imagination to discover what it will look, feel, sound, taste and smell like when you have achieved your goals. How will you know when you have achieved them and how will others know you have achieved them.

Use this imaginative process to develop a true rounded sense of your life when you have achieved them to produce a fully detailed description of that part of your life twelve months from now. Looking back from twelve months in the future - imagine the steps you took to achieve your goals.

This is what you should write down as your goals. This programmes the unconscious mind to fully believe and expect the changes and developments you want in your life. Write, draw, illustrate your representation of your future in as much detail as possible and put it somewhere you will see it daily.

Secret #3 Make them entirely #positive - you get what you focus on!

The brain, as many people know, can only process information in positive terms - when we say 'don't think of a purple elephant we have to think of the elephant before any processing goes on. The same applies with any language of goals or resolutions. So saying, 'I don't want to smoke' only focuses your attention on smoking, the same with any behaviour or habit.

The same with 'I want to lose my belly' - the brain processes this as 'I want my belly!' When setting your resolutions be really careful about your language - 'I want to be a non-smoker,' or even better - "It is December 2012 (Or whatever year is relevant) and I have been a non-smoker for 12 months now, I feel and look great.

My breathing, sleep, skin and hair are all fantastic. Everyone notices how healthy I look. I walk for miles anytime I want to and run up and downstairs barely breaking a sweat. I have just come back from holiday with the extra money I have saved. I feel people respond to me as a much more attractive and positive person. I am calm and chilled all the time and enjoy tasting my food like it never tasted before.

When I see other people smoking - I just laugh and can't believe that was me. If I am ever stressed I can relax easily and look after myself well." Use as much sensory language as you can!

Secret #4 Make sure that they fit in - make it humanly ecological!

Deciding you are going to become a world class climber or earn double your salary might well be achievable but only at the cost of your relationships or your health. Make sure that your resolutions fit in with the rest of your life over the next twelve months. Ensure your Goal is realistic.

Secret #5 Set intermediate and achievable goals as well - set up your path to success!

Remember you are in a process of change all the time. There will always be things you are very likely to do or achieve throughout the course of the year. Include these in your planning - best if they are four months into your plan.

One, these give you a guaranteed sense of achievement but secondly and more importantly - these successes reinforce your expectation of achieving the bigger goals in the latter part of the year. Decide what you will achieve each week, each month, after three months and after six months and so forth.

Secret #6 Write them down

You've learned how to write and develop goals - using sensory language, through your own eyes and the eyes of others and from the point of the goal being achieved. Now take some time to write them down and revise them - it's good to develop them on your word-processor but best to write them by hand once you are happy with them. It's just one more powerful way of linking brain and body in the commitment to your future. Might sound old fashioned but it works!

Secret #7 Go public

You can plan all the goals in the world but if you never take responsibility they are easy to subvert and ignore. Go public - there are sites like 43things where you can post goals but these are only visible to an anonymous community.

Tell your friends and family - let them see what you want to achieve - make them jealous. When you make yourself accountable for your success in this way how much more likely are you to buckle down and get the job done? Put your goals, however you have recorded them up somewhere you can see them every day - by your bed, in the kitchen - on the fridge door. Keep a blog, diary, Facebook page, your own website, make a video for YouTube - have some fun!

Secret #8 Get support

Enlisting the support of those around you is vital for success. For example how much easier will it be for you to succeed in losing weight if your partner is always bringing biscuits and snacks home.

Get others on board. You can get a huge amount of support online and a load of inspiration through reading. That's what self-help books are for - off the shelf inspiration and support. You might even book a couple of sessions with a #coach to get specific support in key areas. To start your coaching journey with me get in touch tony@tonyselimi.com and book your two hour consultation.

Secret #9 Monitor your progress

In today's world where there are so many distractions that life through at us it is so easy to get lost.

Keep a close eye on what you are doing each day, each week, each month in order to make changes. If you notice a change in behaviour or choices on a daily basis then the longer term changes you are seeking become more and more natural to you. Give yourself credit for every change in behaviour.

Secret #10 Choose your motivation

Are you an "away from" or a "towards person?" We all have a motivation strategy which works for us.

Many people have strong 'away from' bad consequences which drives them forward. Others have a stronger preference for moving towards positive outcomes. Use whatever works best for you to keep you going.

Secret #11 Take action!

If you want change in your life, take #action. Nothing will ever happen to you or for you until you start doing something different. If you always do what you've always done you'll always get what you've always had!

The hardest action out of your comfort zone is the hardest. Ask yourself 'What's the worst thing that can happen to you?' And then ask again 'Well apart from that what's the worst thing that can happen to you?'

As soon as you take action and actually do something, anything you didn't do before, the sooner you will start to change. Take action today! Contact someone, ask for what you need, meet new people, join things, go to different events, seek out change, go on a course or seminar, open yourself to new and unexpected opportunities and be amazed what will come to you. And lastly,

Secret #12 Celebrate!

Check out my recent article <http://www.tonyselimi.com/#!articles/c1iw8>, 25 years ago I had no purpose, no goals, no life to look forward to, and following the exact process described above I now live a healthy, happy and fulfilling life, and you can too.

Be prepared to and plan to celebrate! What will you deserve when your resolutions are achieved? You would reward a youngster for achieving great things - why not yourself?

Feeling good and experiencing change and personal development is indeed reward in itself but there is nothing wrong in celebrating this as well.

Personal development is tremendously exciting as you realise how much you can be in control of your life, but it's also a big achievement - so celebrate! Still not convinced? Here's a thought... we all have plans, like resolutions, running for us all the time, this is how we make decisions and choices all of our lives.

The difference between an unconsidered plan and a well thought through plan is that the latter it's you that makes the choices. You will always get what you plan for so be careful!

Next Steps

Let me ask you few questions, take a moment and write down the answers for each of the following questions, you will find a lot of answers to help you in your journey:

- Do you want to transform your personal and professional life?
- Do you want to embark on a journey of transparency and love?
- Do you want to create success by being an empowered leader?
- Do you want to fall in love with yourself and the whole planet?
- Do you want to live in celebration and deep gratitude for your gift of life?
- Do you want to live a transparent lifestyle?
- Do you want to serve humanity and become a conduit for evolution to flow through every cell of your being?
- Do you want to find your purpose and align to your truth?
- Do you want to live a life of significance?
- Are you ready to make the necessary changes in your life?
- Are you ready to commit to yourself wholeheartedly?
- Are you ready to change?

In my coaching and healing practice i come across many individuals who want enlightenment but are not willing to commit, change or even know what is required to lighten the load. Most people are seeking love but have no clue what it looks or feels like. Like looking for your needle in a haystack, or looking for your house keys in the dark blindfolded.

My passions is that we evolve into higher conscious beings, earth citizens serving the greater good, the higher conscious community and creating a foundation of love for our next generations and the ones after that and beyond. To cultivate flowers from this soil of love i have created the T.J'.S. Method, a unique set of tools used to help you in this journey.

We have all grown from a foundation of fear and look what has been achieved. If you observe closely what I've suggested isn't some far off dream. Its possible now, a radical shift in our reality is possible now and will happen with or without you or I. Its already in process, in motion. The fun part is when you are consciously choosing this path.

If it can happen for me and many others, it can happen for you if it hasn't already. If you have answered yes to any of these questions and this journey excites you then get in touch and lets begin the journey within and set you some amazing goals, let me be your coach, teacher and healer.

You can contact me on 078 17174708 or tony@tonyselimi.com and i'll reply with the next steps. Let me be honest with you, this isn't a journey for the faint hearted. It requires your whole life to shift. To continue to receive inspirational content sign up to my news letter. If this also excites you plus brings up some fears and don't know what goals are right for you, then great. Let me and your fear be a guide and your friend for once. When we

© Tony Jeton Selimi 2013, Transformational Life Coach, Energy Therapist, Author and Motivational Speaker

www.tonyselimi.com: www.healoneself.co.uk; www.thevelvetjourney.com: www.justbcoaching.com

see our fear as a friend and move through our fears and discomfort, this is where the magic unfolds. Stay happy always,

Tony J Selimi

Founder

[Tony J Selimi Intuitive Coaching](#), [The Velvet Journey](#) & [HealOneSelf](#)

References

1. Goal Mapping by Brian Mayne's
2. Goal Setting For Life Tips To Achieve Your Dreams by Robert N Jones
3. Make Your Dreams Happen With SMARTER Goals by Tony J Selimi, www.healoneself.co.uk
4. Effective Goal Setting by Tony J Selimi www.healoneself.co.uk
5. How to Make This Your Best Year Ever, Even If You Already Broke Your Resolutions By Tony J Selimi www.thevelvetjourney.com
6. Setting Goals & Resolutions in 3 Easy Steps! - A Life-Changing Goal Setting System That Can't Fail by Keeks Cunningham
7. 4 Tips for Effective Goal Setting by Tony J Selimi
8. Simple Tips for Effective Goal Setting and Reaching by Ferragus Lapointe

You can find more information here:

<http://www.tonyselimi.com>
<http://www.healoneself.co.uk>
<http://www.thevelvetjourney.com>

If you loved my 12 secrets to reach your goals, share them, tweet, FB about them and help me reach and empower 1 M people. Connect with me on:

Tweeter: [@TonyJSelimi](#) and [@TheVelvetJourney](#)

Facebook: <https://www.facebook.com/TonyJSelimiIntuitiveLifeCoaching>

<https://www.facebook.com/thevelvetjourney>

<https://www.facebook.com/Heal1Self>

LinkedIn: <http://uk.linkedin.com/in/tonyselimi>

You Tube: <http://www.youtube.com/user/TSelimi>