

Achieving Goals: 5 Common Reasons Why We Don't Successfully Achieve Our Goal!

Everyone sets goals... some we goals achieve and others we don't. There are many reasons why we don't achieve our goals... some of the common reasons for not achieving our goals can be prevented if we only knew what to do and how to do it.

5 Common Reasons Why We Don't Successfully Achieve Our Goals:

- Vague goals -- having vague goals produces vague results. One of the keys to successfully achieving any goal is to be very clear about what you want to achieve. You may not know all the details but you at least need to know what you are "aiming" for. You need to know what your target is... if you don't know what you are aiming for, how will you know if and when you have achieved it?
- Lack of plan -- often we can have a great goal we want to achieve, for example, set up a website for a business with no website design experience or skills (this was actually one of my goals less than a year ago) but have got no idea how to go about it. You need to have a plan of attack... you need to know what you need to do, when you need to do it, and how you're going to do it. Without a structured plan made up of easy to accomplish steps you'll find yourself doing many things and getting nowhere fast.
- Distractions -- you set a goal that will change your life in some way e.g. losing weight, saving money for a new car, changing career... setting goals means you have to make changes in your life in order to achieve this goal. Distractions will happen along the way... distractions are inevitable. If your commitment to your goal isn't that strong, distractions will win and take your focus from your goal... and your goal is abandoned. When goals are abandoned and not achieved, nothing in your life changes.
- Thoughts and beliefs -- you may have a very clear goal, e.g. lose weight and get fit, you may have a solid plan to achieve your goal, you may consistently take the necessary action to achieve your goal, but your predominant thoughts and underlying beliefs may in fact prevent you from ever achieving your goal e.g. "I've been on diets before and they haven't worked", "I hate doing exercise", "losing weight is no fun", "I will never lose weight". If your

thoughts and beliefs aren't aligned with your goal, it is highly unlikely you will never achieve your goal.

- Giving up -- obstacles, problems, rejections and failure can dent our confidence and be difficult to overcome. All too often people give up on their goals too soon, frequently just before they would have been achieved. The reality is: you will come across obstacles, problems and difficulties in your journey to achieve your goal, but it's important to persevere, to keep going, and find solutions to difficulties. If you give up on your goal... nothing in your life changes. And the bottom line is... if you truly want to achieve something, you will find a way!

These are just a few reasons why people don't successfully achieve their goals. Can you identify with any of them?

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