

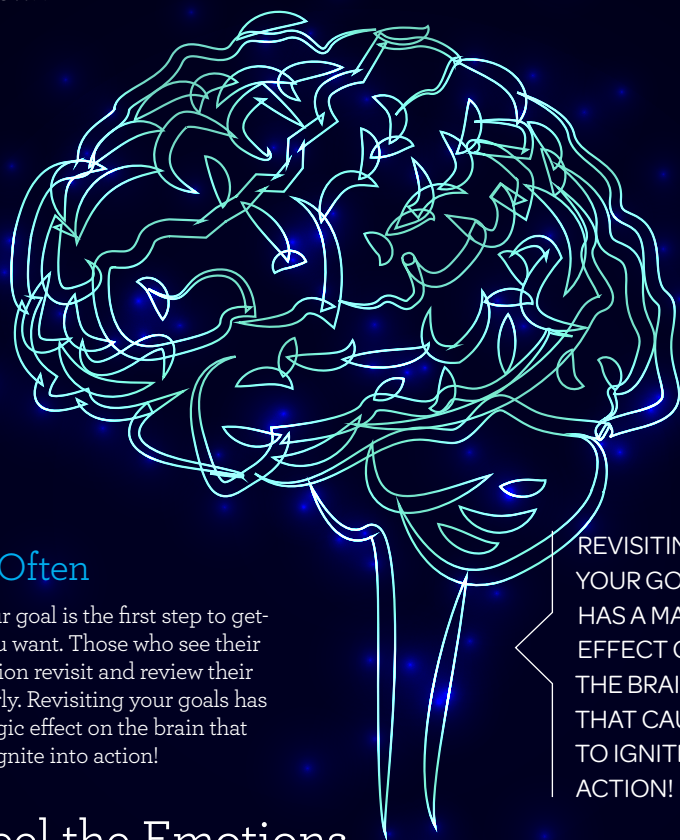
# 5 Tricks to Make Your Goals Stick!

BY ALVIN BROWN

# 1

## Revisit Often

Defining your goal is the first step to getting what you want. Those who see their goals to fruition revisit and review their goals regularly. Revisiting your goals has a kind of magic effect on the brain that causes it to ignite into action!



REVISITING YOUR GOALS HAS A MAGIC EFFECT ON THE BRAIN THAT CAUSES IT TO IGNITE INTO ACTION!

# 2

## Feel the Emotions Associated with Your Goals ↓

Visualizing and focusing on your goal is fine and dandy, but incorporating some emotions into your vision will bring it to life. **Add some serious emotional connection to your visualizations.** Use emotions to become connected to your big and bodacious dreams.



# 3

## Associate Meaning With Your Goals ↑ -Remember Your "Why"!

If you remember the *why*, you can achieve any goal you set. Typically when someone creates a goal, they know why they should go through the sometimes painful process of reaching that goal. At the time of making it, they're passionate and committed. But soon after they lose steam as their focus moves away from why they set the goal in the first place. Remember WHY you're making the sacrifice to stay the course.

**IT'S FEBRUARY** and by now many people have dashed their goals to the wayside and have fallen back into the proverbial rut of complacency. Here are five effective ways to fight off the seemingly inevitable slip, slide, and fall from successfully attaining your goals ...



## Add Colour and Magic

How many people are actually able to get super excited over a lackluster vision of something? Not too many, right? Well, why would we expect to persevere and commit to a goal with no juice in it? Want to add juice? Then start visualizing your goals with some magic in the mix. Does your vision include colour, sound, feeling, smells, and even taste? **When you get all the senses working on your vision, then nothing will be able to separate you from what you want.**

# 5

## Take Action

This is the fuel for your fire. What's the use of making goals if you have no intention of taking action? There's a great quote that says, and I paraphrase, "yard by yard it may seem hard, but inch by inch it's a cinch." Reaching your goals doesn't have to be an arduous process. Be consistent and persistent, taking small but meaningful steps, then I can almost guarantee it won't be a question of IF you reach your goal, but WHEN you will reach it!

Creating goals is only the first step to getting what you want. To really enjoy success, apply this five-step process. **JE**

**ALVIN BROWN, BSC, DOMP, NLP (MASTER PRACTITIONER)** | Integrated Peak Performance Consultant | Your Personal Greatness Coach  
[mediocrity2greatness.com](http://mediocrity2greatness.com)