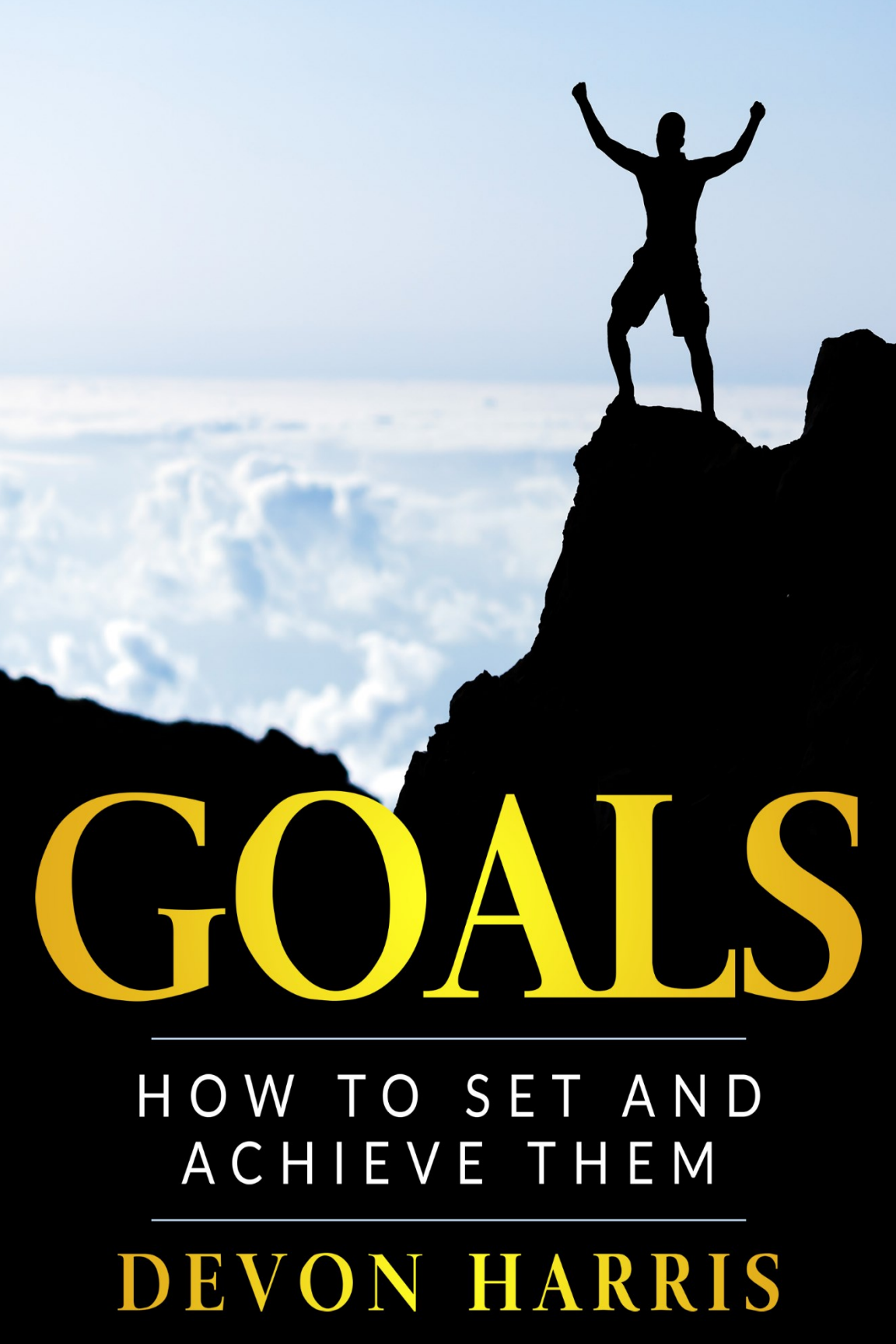




GOALS

HOW TO SET AND
ACHIEVE THEM

DEVON HARRIS

GOALS

How to Set and Achieve Them

Waterhouse Publishing

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INTRODUCTION

You stroll down to your local basketball court. The same one you've played on ever since you first picked up a basketball at six years old.

With ball in hand, you confidently toe the free throw line. You take a few dribbles, taking care to maintain the correct form, you shoot and swish, nothing but air. Noticeably missing are the backboard and hoop at the other end of the court. Without the backboard and the hoop, it would be impossible for you to tell how well you shot the ball.

Were you on target?

Do you need to adjust your aim?

Should you shoot a little harder or a little softer?

The back board and hoop provide something definite to aim for, allowing you to be focused and deliberate about the action you are taking. They also provide you with immediate feedback which informs what you do next.

Did the ball go too long?

Was it too short?

Did it go to the left or the right or was it dead on?

It is the same thing with goals. They provide a target to shoot at and gives you instant feedback, allowing you to adjust your strategy in order to achieve a successful outcome.

Goals and success walk hand in hand. Considered the master skill in life, your ability to set goals is probably the single most important thing that you could learn and practice in order to live the life you've always dreamt of.

Goals have been described as magnets. They pull you towards them. I prefer to think of them as a compass. They point you in the direction of success. You cannot expect to achieve anything worthwhile without having a goal. And having a goal, says that you know exactly what you want in life. The reason more people are not successful and haven't gotten what they want in life is because they don't what they want. They trudge through life day after, dreaming of living the good life. But what does that look like? Sadly, they don't have a clue.

Here is the truth about human beings: Within reason, they can achieve anything they want. Once they set their goals, they begin the process of forward movement towards their desire.

If you have been hesitant for any reason about setting goals for your life. This book is written for you. It is a simple book with a goal of removing some of the trepidation associated with goal setting. Here you will find some simple, easy to follow ideas that you can use to help you set and achieve your goals. Apply these ideas and you will be on your way to accomplishing some truly remarkable things in your life.

CHAPTER 1

WHY YOU SHOULD SET GOALS

Having goals for the things you want to do, have, and become is an important part of the success journey. Successful people of all stripes — executives, entrepreneurs, athletes, students, people in the arts, etc., all set goals. Goals help to instill new behaviors and demand that you devise strategies and new ways of thinking that lead to their achievement. Clearly, there are a myriad of things that you could meaningfully spend your time working towards. But what's the point in becoming a jack of all trades and master of none in the game of life? In other words, it is a waste of your God given potential to be dabbling in a thousand different things, while not leaving a significant mark in any of them. Goals allow you to wisely invest your time in pursuing the things that are most important to you and by extension create a life that you would find meaningful. Goals by their very nature force you to acquire the knowledge, develop the skills, make the connections, organize your time and marshal the other resources that aid in their achievement. They also energize you, resulting in increased effort. Needless to say, the path to your goals is never always easy and straightforward, so having goals also help in develop your persistence muscle which helps you not to only achieve your goals but overcome life's inevitable challenges.

Of course, over time, the kinds of goals that you set will change. The things that interest you as a teenager are different from your interests as a young adult, or even someone in their 30's or 40's. Notwithstanding, there are certain desires you may have had from a young age that stays with you for your entire life. Perhaps it was to become a lawyer or a doctor or a teacher. Maybe it was to become "rich" and "successful".

What won't change is the importance of having goals. They are the roadmap to your heart desires.

"What you get by reaching your goals is not nearly so important as what you become by reaching them."

The preceding quote has been ascribed to: German literary titan Johann Wolfgang von Goethe, famed transcendentalist Henry David Thoreau, and popular motivational speaker the late Zig Ziglar. Regardless of who said them, this one thing is sure: not only will you gain a sense of satisfaction from their accomplishment, but you will also benefit in terms of your personal growth and development.

Here are six specific benefits you will enjoy when you set goals for your life:

| 1. Take Control of Your Life

There are so many possible goals that you could pursue based on your talents, abilities, and interests as well as the opportunities that are available to you. Obviously, trying to tackle all or most of them at the same time would more than likely send you in a tailspin. As they say, "you can have everything you want. You just can't have them all at the same time." Figuring out exactly what you want and then setting goals to achieve them would allow you to prioritize the things that are

important you and give you a measure of control over your life that you would not otherwise have.

The goals that you settle on would more than likely be too big to accomplish in one fell swoop, as they very well should be, but now that you know what your goals are, you can start setting smaller more manageable goals, the accomplishment of which would lead to the achievement of the larger ones. This process gives your life direction and gives you control over how it is turning out. The process will keep you motivated and avoid delaying action on your goals.

| 2. Goals Allow You To Focus On What Is Important

As I mentioned earlier, you probably have many abilities, talents, and interests. As such, you could literally pursue 100 different things at any given time. But how effective would you be? Like a bumblebee flying from one flower to another, you'd find yourself working on a multitude of things, hopping from one project to another with no clear plan nor aim in sight. Given all the options you have, I am sure you can imagine the possibility of wandering aimlessly through life and not achieving anything if you don't have goals.

If you were shooting a basketball without any hoop or an arrow without a target, where would you aim? If you chose to shoot in some random direction, why would you aim there? How would you know when you had hit your target? This is what your life would be like without a goal to strive for. Your efforts would be pointless.

| *Goals get you to sift through the noise and identify the things that are important to you and then become laser beam focused on them.*

With goals, your life will have direction, you will have something to shoot for. Your goals will allow you to bring all of your skills, talent,

and abilities in sharp focus. A ray of light scattered over a wide area from a flood light will brighten the area. Take that same ray of light and stream it in the form of a laser and it can burn through steel. All your talent, skills and abilities work more powerfully when brought to bear behind a goal.

| 3. Helps You Make Progress

Do you want to feel like you are making progress in your life? Do you want to feel like you are steadily changing your circumstances; moving from where you are to a more desirable place?

That's a no-brainer, right?

Well, how will you know if you are actually making progress?

One surefire way is to set goals and track your progress towards their achievement. Even if you are nowhere near where you ultimately want to be, simply being able to look back on the growth and the headway you have made is one of the best feelings you can imagine.

Sometimes it can feel like it is taking too long to arrive at your goals, even though, intellectually at least, you may recognize that goal achievement is a process, and it takes time. In the end, being able to measure your progress is incredibly rewarding and reassuring. It helps you to maintain focus and even motivates you to try and get much better results.

| 4. Helps You Stay Motivated

Motivation is something that is likely to wane from time to time. One of the ways to stay motivated is to have a goal. The bigger the goal is and the more important it is to you, the more motivated you will be. When I was training for the Olympics, there were days when I just didn't feel like training but knowing that the Olympics were coming

up forced me to resist the temptation to skip training, become complacent or procrastinate.

I have found through my experience that having a challenging goal that you really do care about achieving absolutely provides the motivation you need to accomplish it. This is true for anyone and any goal they may have. The desire to achieve the goal or in the very least stay on track until to you reach the goal keeps you motivated to do what needs to be done regardless of how difficult your path to that goal might be.

| 5. Creates Accountability

Writing your goals down once you have decided what they are is the first step in holding yourself accountable for their achievement. Writing your goals down and reviewing them every day keeps them foremost in your mind and reminds you of what you need to be working on. As I mentioned before, the goals become a priority allowing you to forge daily habits that you will find yourself intent on practicing in order to reach your goals.

Setting a goal that is meaningful to you and one that you are committed to achieving creates a high level of accountability for their achievement. It also helps if you tell someone who is supportive of you about your goals and your plans to achieve them. Such a person –your accountability buddy or accountability partner will help you to stay on track.

| 6. Be The Best You Can Be

Goals push you to achieve your highest potential, living a life of purpose and significance.

We know that as human beings, we each have amazing potential, but where does that potential really lie? No one truly knows but what we

can be sure of us that without goals, you can never get even remotely close to it. Goals push you to achieve your highest potential, living a life of purpose and significance. Without them, you become a rudderless ship drifting aimlessly in a sea of bad habits that allow you to feel safe and comfortable but never challenge you. Such a daily existence prevents you from growing and blocks you from tapping into your unlimited potential.

ABOUT THE AUTHOR



Devon Harris is a graduate of the prestigious Royal Military Academy Sandhurst in England. He served in the officer corps of the Jamaica Defence Force, retiring as a Captain.

Encouraged by his commanding officer, Devon tried out for and was selected to the first Jamaican bobsled team which competed in the 1988 Olympic Games in Calgary, Canada. Their exploits inspired the Disney blockbuster movie *Cool Runnings*. Devon also competed in and was captain of the 1992 Winter Olympic Games in Albertville, France and the 1998 Games in Nagano, Japan.

Today he is an in-demand motivation keynote speaker and author. His other books include the motivational children's book, *Yes, I Can!* and the semi-auto- biographical motivational book *Keep On Pushing: Hot Lesson From Cool Runnings.*

The Keep On Pushing Foundation which he founded in 2006 aims to support and enhance the education of kids in disadvantaged communities around the globe by providing practical solutions to the challenges that are preventing them from getting educated.

During the 2018 Olympic Games in PyeongChang, Devon was honored by the World Olympian Association and inducted as an Olympian For Life in recognition of the significant contribution he has made to society.

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