

Goals Setting

A man in a dark suit is running up a set of stone stairs. The background is a light-colored wall with several circular patterns. The man is in profile, moving from left to right, and is captured in mid-stride, conveying a sense of urgency and effort.

Success is something we create for ourselves

**High Performance
Training and Coaching**

The importance of setting and achieving goals

Success is something we create for ourselves. Luck has nothing to do with it. Successful people set goals. Some may have a structured routine, others a vision. Successful people know what they want, determine the steps that will get them there and then they implement them.

By setting and achieving goals, you will use your time more productively, perform better and more efficiently than ever before and with every goal you achieve, your self-confidence will increase, motivate you to aim ever higher. If you have goals, you have a purpose. If you have a purpose, you have direction. If you have direction, you do not waste away your lifetime, on activities and things that will not get you where you wanted to be.

Goals Setting

Think of it as setting out on a long journey to somewhere you have never been before. Would you even put the key in the ignition unless you had a destination in mind and a map to get you there? If you're heading out for a lazy Sunday drive, maybe you would, but if your destination is somewhere specific – no way. You will just end up spinning your wheels.

Your life is the longest and most exciting adventure you will ever take. Make sure you have a map before you start out.

Goals Setting

The constant setting and achievement of goals is a critical element of success. High Performance Training and Coaching establish a goal-driven culture within your business, turning goals into actions and actions into profits. Contact us for a free consultation and we will show you how you can achieve this.

Achieving goals

There are five keys to staying on track: commitment, flexibility, discipline, determination and persistence.

Designing a goal plan and sticking to it requires commitment.

It requires a commitment to yourself and to your values and dreams. Remind yourself constantly of your dreams. Put up photographs that represent your dreams and goals in prominent places. Write the reasons you want to achieve a goal. Read them frequently.

Goals Setting

Setting and achieving goals is a **lifetime process**. Over the course of a lifetime, you will go through many changes. What was important to you ten years ago may not be a priority anymore. If this happens – let it go. Set new objectives that are consistent with who you are today.

When you suffer setbacks, and you will, grit your teeth and keep going. This is what separates the winners from the “wannabees”. Anyone can give up when the going gets tough. It is those who keep going in the face of setbacks who are ultimately victorious.

And finally, persistence, persistence, persistence! **Never give up!** Never ever let anyone else make you doubt whether you can achieve your goals. Your success is in your own hands.

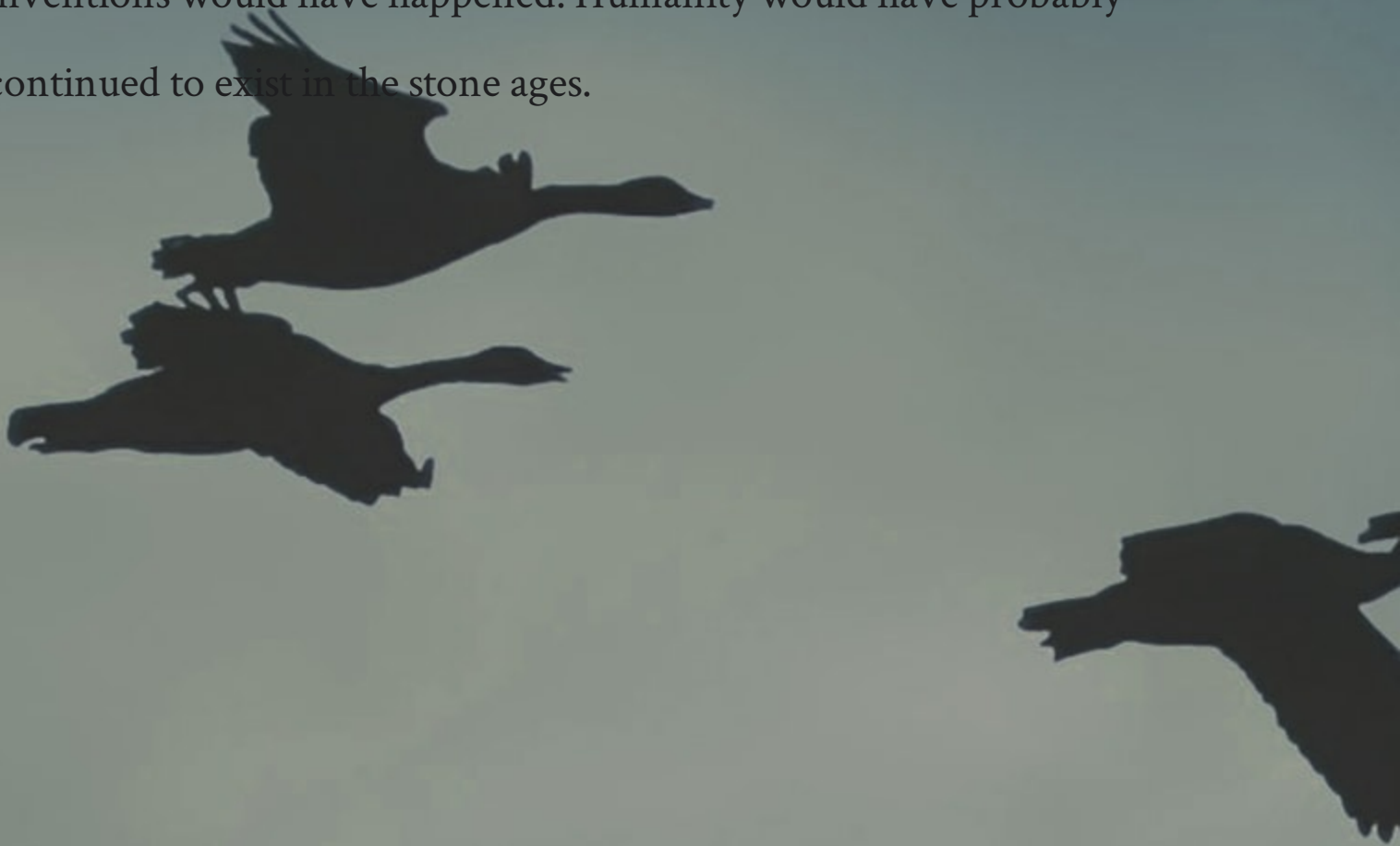
Reach out and take it!

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Importance of Motivation

One of the most important and underlying factors that drives every human being to reach their goals is motivation. This includes personal, as well as professional goals and targets. In fact, if this driving force did not exist then people would live in the rut of boredom and no great discoveries or inventions would have happened. Humanity would have probably continued to exist in the stone ages.



Goals Setting

The fact that humanity, in general, is constantly progressing is proof enough that motivation does exist as a prominent factor. In fact, the importance of motivation multiplies at the workplace. This is because an adult spends most of his or her hours at the office.

Targets and goals must be met. And apart from the usual appraisals and bonuses, there needs to be more that drives a person to continue at the same workplace or continue pursuing the same career for years. Once this happens there are various harms that come to the employee and their performance on the job.



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Understanding this, managers take the responsibility of motivating employees from time to time through various ways and means. One instance is by adopting soft skills training programs especially in areas such as stress management, motivation, decision-making, time management, etc. These types of workshops help employees bring something new into their working day.

Apart from what the management does to keep employees motivated, one needs to also bring in self-motivating factors. For instance, set personal goals such as a timeline target to purchase an asset, which can happen if work targets are met and one continues in the same job.

No matter what the source, motivation is an important factor to drive one's life through every challenge and stumbling block.

Let High Performance Training and Coaching assist you to have the motivation needed to achieve your goals.

The importance of setting and achieving goals.

**For help on setting and achieving your
goals contact us:**

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