



Narrative Essay on Achieving a goal

Introduction

So you have some goals, however, you simply can't seem to attain them. You're annoyed, right? Well, why is it so difficult? Do only some fortunate people get to attain their goals? No...

It's all about developing a logical plan and executing it.

There are three massive reasons why people fail to attain their goals:

1. People never set attainable goals, to start with.
2. They don't have any plans.
3. People never take any kind of logical action.

Do you think Steve Jobs and Bill Gates were just fortunate or did they have a plan? You better agree that they had a plan – a protracted, long-term vision. After which they worked hard and took a sequence of logical, actionable steps to attain them. They didn't just 'assume it.' They 'did it.'

How to Achieve Your Goals

Over the years I have attained lots of my personal goals. And in all cases, this is the technique I used. It's implemented and genuine, and I guarantee you, it assists you to attain your goals as well. There are four fundamental steps:

- Set attainable goals.
- Strategize and plan.
- Take action.
- Review your progress regularly.

Let's go through them one by one.

Set attainable goals

You could climb the ladder as fast as you want, however, it's going to be a massive waste of your time in case you get to the top and recognize you're leaning against the wrong wall. You'll need to get this step right to make sure that you aren't wasting your efforts on goals that you do not want to achieve. We as human beings tend to try and bite off extra than we can chew, and this generally reasons us to feel annoyed and irritated.

Because we only have a finite amount of time, it's silly to attempt to acquire the world in a day. Yeah, you can set goals to be a great guitar player, basketball player, football player, lose weight, be financially savvy, earn \$15,000, and join the general public speaking club all at the same time.



However, does that sound logical or achievable? Not to me, it doesn't. How will you excel at something when you are juggling the entire thing?

So the primary key is to determine some (1 to 3) things that you want. And ensure you recognize why you need these things. Otherwise, you'll just get bored.

Strategize and Plan

Here are the fundamental strategies you'll need to follow to maintain your motivation burning and your progress on the right track:

a) Paste up your goals where you could see them every day – Without reminders, you'll probably forget about your goals and easily be distracted by other stimuli. So print them out 10, 20, or 30 times and paste them up in the most prominent, visible regions around your house, office, etc.

b) Create a visualization board – For most people, our mind sees the world in pictures and we remember images more certainly as compared to text and numbers. A visualization board is a massive bulletin board filled with clear photographs of what you want to achieve. This can add visual stimulation and can help invoke powerful feelings that will continuously drive your motivation.

c) Forms a small mastermind group – It is a kind of support group and agrees with me, this group is a crucial entity to your success. The group can consist of any quantity of people (at least 2), however, the critical factor is that everyone within the group has to share similar goals. It doesn't assist much when you are trying to lose 30 lbs and other contributors in the group have goals of setting up their enterprise.

A mastermind group facilitates keeping all its contributors responsible. This will help you maintain consistency in taking action even if laziness gets the best of you.

d) Make a daily plan with actionable tasks – Every morning, brainstorm for tasks that will help to bring you toward your goals and write them down. Every morning, try to create three small actionable projects and fulfil them before going to bed. Make them a priority and fit them into your agenda.

Breaking down your goals will assist you to keep away from the feeling of being beaten. When you are developing your action plan, keep the short-term tasks in mind rather than obsess over the long-term result. Obsessing over long-term outcomes simply creates stress. It is a long way easier to think on a short-term goal-related basis.

Take action

This step doesn't need an extended clarification. Simply take the daily action plan that we developed above and put it into action! More than anything, completing any objective is dependent on you deciding to immerse yourself entirely in the process of getting things done – actually taking action.

Set a deadline



You'll also need to set a deadline on your goal. A long-term goal without a deadline will not instill any experience of urgency in you. Having a deadline offers you something to look forward to.

Review your progress regularly

An aircraft is going barely off its set route 70 to 80 percent of the time during an average flight, however, the pilots constantly control to land it in the precise location they decided. How? It's quite easy. Every time they go off route, they make a moderate adjustment to correct it.

Reviewing your goals regularly will assist you to check your progress to decide if any change is required. Similarly, tracking your progress will also likely encourage you to attempt even harder. Whenever we see positive outcomes, we tend to take extra movement so we can see more positive outcomes.

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