

Goal Buddies



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Dear Friend,

Knowing how to set and achieve goals is undoubtedly one of the most beneficial skills you can develop during your lifetime. Without goals you end up leading a much different kind of life, often filled with ongoing boredom and dissatisfaction. Setting goals that encourage you to stretch and become greater in every facet of your life, on the other hand, leads to increased satisfaction and fulfillment in both your professional and personal endeavors.

Of course, it's not just the setting of goals that is important, is it? You've probably set thousands of goals throughout your lifetime. How many of them have you followed through and achieved?

Sadly, many people achieve only a fraction of the goals they set for themselves.

Why is that? Are they lacking in strength and willpower? Do they choose the wrong goals, or simply not have the determination to see them through?

Surprisingly, most often the culprit is the lack of a clear, achievable plan. You see, effective goal-setting is simply a skill! It can be learned – even if you've never had success setting and achieving goals in the past. The problem for many people is that they have never been shown how to set themselves up for success – so they encounter obstacles and eventually give up before they ever achieve their goals. Does this describe your previous experiences with goal-setting too?

Understand one thing: your previous “failures” have nothing to do with your capabilities, strength, or potential. You simply didn't have the right tools and mind-set to succeed at the time. You had the right destination in mind, but someone gave you the wrong map!

This system is going to change all of that.

Throughout the duration of this course, you are going to discover just how easy goal-setting can be, and how quickly you can see results when you have a clear, achievable plan to follow!

We'll be covering these concepts in detail as we move through the course, which is laid out in two parts. The first part is going to provide plenty of detailed instruction on why goals are so important, how they can change your life for the better, and how to set them and begin moving forward in the most efficient way.

The second part of the course outlines the buddy system. This is one the most important parts of the course because you are much more likely to persevere if you've got someone cheering you on, supporting you and holding you accountable. Even better, this part of the course is going to make your goal-setting activities a lot more FUN than they ever have been in the past!

First, however, let's start at the beginning and explore exactly what goals are and why they are so important.

Iain Legg

Part One – Goal Instruction

Chapter 1

Why is Goal-Setting Important?

Have you ever found yourself settling for a situation in your life even though it wasn't what you really wanted? For example, perhaps you found your job to be boring and uninspiring but you didn't know what to do about it so you simply endured it. Whether you didn't believe you could create a more fulfilling career or you simply weren't motivated to try, you probably ended up with an ongoing sense of emptiness and frustration, right?

Without goals, you've got little to look forward to and nothing to push you out of the rut of mediocrity that your life can sometimes become. Even more damaging, without goals your inner strength and will begin to atrophy, just like muscles that are no longer being used!

There are numerous benefits to be gained from a lifetime commitment of consistent goal achievement, but here are a few of the biggest ones:

1) Clarity and purpose.

Goal-setting forces you to examine your current life circumstances and take an active role in choosing what you want to experience. Rather than sitting idly by while external influences determine your quality of life, you recognize your power to choose and create more meaningful, enriching circumstances.

The result: increased clarity and purpose in every aspect of your life! No longer will you experience that hollow ache of dissatisfaction and helplessness. You know exactly what you want, and you believe in your ability to make it happen.

2) Ongoing personal and professional development.

How easy it is to forget that life is not meant to be static! In order to live truly fulfilling lives, we need to consistently grow, evolve and improve ourselves, both personally and professionally. Imagine how bored we'd be if nothing ever changed! Would you be happy if you still held the same job you had in high school? Or still drove the first car you ever had?

You are not the same person you were ten years ago – or even one year ago! Goals are necessary if you want to keep growing and developing. When you work consistently on strengthening your skills, talents, capabilities and aspirations in life, you enter into a process that keeps your life circumstances fresh, new and ever more exciting! You not only gain a stronger appreciation for your true potential in life, you also end up feeling much more in control of who you are and who you want to become eventually.

3) Greater fulfillment and satisfaction in all areas of your life.

When you know how to effectively set and achieve goals, you'll never end up stuck in dissatisfying circumstances again! You'll be able to create a career you love, rampant success in everything you do, and healthy relationships that add great meaning and joy to your life.

Your life will become a fantastic journey of fun, empowerment, joy, love, and fulfillment. You won't be able to help but feel happy and excited about who you are and all you are capable of!

We could go on and on about why goals are so important, but the most important question to ask is why are they important to YOU? What do you hope to gain from this course? What do you hope to achieve in your life? And why do those things matter to you?

Before we continue, take a few minutes to clarify your objectives for this course right now. Either print this page and fill in the worksheet below or use a separate sheet of paper to record your answer:

<p>Through this course, I wish to learn _____</p> <p>_____</p> <p>because _____</p> <p>_____</p> <p>_____.</p>
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Here are a few examples of ways you can answer this question:

- Through this course, I wish to learn how to overcome limiting thoughts because I know I am capable of accomplishing much more than I have so far!
- Through this course, I wish to learn how to create the career success I've always dreamed of, because I know I am holding myself back.
- Through this course, I wish to learn how to keep myself motivated and focused because I tend to give up on my goals before I make any real progress!
- Through this course, I wish to learn how to get super-clear about what I want, because I still don't know what it is that will make me truly happy in life.

Don't worry about getting your answer "right," or wording it in a specific way. Just jot down some ideas about your general objectives for this course. In the next chapter we'll be delving deeply into the process of clarifying your objectives.

Chapter 2

What Do You Really Want?

Believe it or not, figuring out what you want is one of the most difficult parts of goal-setting. You may have trouble believing that because you can probably rattle off a few hundred things you “want” right now!

However, let’s explore this concept of “wanting” a bit further. On any given day, you probably experience the feeling of desire at least a few hundred times. You see a shiny new sports car while you’re driving to work, and you want one. You smell burgers cooking at a local fast food restaurant and you want one. You see the hot new girl (or guy) in the accounting department and . . . well, you get the idea. Wants are a dime a dozen, and it’s completely natural to “want stuff” all the time.

But have you ever stopped to consider WHY you want these things? You may be surprised to realize that it’s not the “stuff” you really want – it’s what that stuff will DO for you.

When you see the sports car, you think of fun, freedom and excitement – and you want to experience those feelings. When you smell the burgers cooking, you imagine the taste in your mouth and the sensation of a full and happy belly – and you want those experiences. With everything you want, you are holding a desired EXPERIENCE or ESSENCE in mind.

When it comes to goal-setting, this is important to understand because you may think you want one thing when in fact you really want something else entirely! Have you ever set a goal for something you wanted but lost interest over time? Chances are you really didn’t want what you thought you wanted.

Let’s use an example to demonstrate how this happens.

Imagine that you set a goal to earn \$100,000 a year. Your current salary is \$40,000 a year, which covers your basic living expenses, but you yearn for more money to do things you love and have more fun in life. So you decide that one good way to earn more money is to start a part-time business. You do some preliminary research and find what you think is a profitable business model and dive right in. You work diligently for a few months and begin making progress on your income goal, but you also start losing interest in the daily activities related to the business, and eventually give up altogether before reaching your goal. What happened?

The problem wasn’t that your goal wasn’t good – but the vehicle you chose to achieve it wasn’t in line with what you really wanted. If you had taken a few minutes to explore your reasons for wanting to earn \$100,000 a year, you would have remembered that your true motivation was the desire for more fun and free time! Taking on a new business venture that required a lot of hard work and sacrifice wasn’t necessarily the best option. Instead, what other options might have worked? Perhaps you could have found a better job that paid a bigger salary and was more fun,

or you could have chosen a business that was more flexible and related to your true passions in life – which means you wouldn't have minded working on it so much.

Every goal has an underlying “essence” that is the TRUE goal. Most of us tend to follow a repetitive pattern with goal-setting: We decide we want something; determine what we believe is the best “vehicle” for getting it; and then make that vehicle itself the goal – which may or may not give us what we really want!

To avoid this happening to you, you'll want to devote a fair amount of time getting VERY clear about where you stand now, and where you want to end up eventually – and why.

In the next few pages you'll find some worksheets that will help you get started by assessing your current situation; figuring out what you really want and defining the deeper “essence” that you're after. Once again, you can either print these worksheets or simply use a separate sheet of paper to record your answers.

Step 1: Assess Your Current Situation

Take a few minutes to think about each area of your life as described below, and identify things that aren't working and what you'd like to change or improve.

Career:

Relationships:

Financial:

Health & Fitness:

Mental/Emotional:

Spiritual:

Step 2: What Do You REALLY Want?

Now consider what you do want in each of these same areas. What would you create for yourself if you had NO LIMITS? It's vitally important not to settle for what you think is possible. Be brutally honest about what you TRULY want, and you stand a much better chance of getting just that!

Career:

Relationships:

Financial:

Health & Fitness:

Mental/Emotional:

Spiritual:

Step 3: What is the Essence Behind the Desire?

With every objective you wrote on the previous worksheet, define exactly WHY you want it. What will it do for you? How will it improve your life? Why is that important to you? Most likely you'll end up listing a lot of emotional qualities like comfort, fulfillment, love, gratitude, security, and so on. That's good!

Career:

Relationships:

Financial:

Health & Fitness:

Mental/Emotional:

Spiritual:

Chapter 3

Setting Your Goals

Now that you have a clear idea of what's not working for you, what you really want and why, it's time to set some goals. You may be feeling a bit nervous about this, especially if you listed a lot of things you want to accomplish! Don't worry; you're not going to tackle them all at once.

Later, once you have mastered the ability to set and achieve goals with ease, you might decide to take on more than one goal at a time. However, for the purposes of this course we encourage you to stick with one goal at a time so you don't get overwhelmed or lose focus.

In the past you may have thought of goal-setting as a one shot deal, meaning you set a single goal and work toward it until you achieve it. That's a good start, but what if you instead made your goal-setting journey an ongoing process for the rest of your life?

In order to do that, you should focus not only on short-term goals but also mid-range and long-term goals. Once you achieve the short-term goal, you simply shift your focus and begin working on the mid-range goal, and then again later on the long-term goal. This approach can be extremely effective because you learn to see your goals as an ongoing journey throughout the rest of your life, rather than an instant "succeed or fail" type of situation.

Each phase of your goals (short, mid and long-term) should be slightly larger than the previous phase. You want to be challenged by each phase, but not by so much that you become overwhelmed.

For example: A short-term goal might be to lose 25 pounds. A mid-range goal might be the ability to run 5 miles. A long-term goal might be running a marathon.

What length of time do these phases represent? Typically, a short-term goal would be achieved within the span of a few months, a mid-range goal might require 6 months to a year, and long-term goals would be more than a year away from completion.

However, this may vary depending on your goal. If your long-term goal is to earn an educational degree, it may take anywhere from a couple of years to several years to complete the coursework and graduate. A person attending school full-time may be able to obtain a degree in a couple of years, whereas a person who works full-time and has a family to care for may need 5 years.

Qualities of an Achievable Goal

Every goal you set should have a few qualities that ensure your ability to achieve them in the most efficient way possible:

- 1) Goals should be specific.**

You've already given great thought to the specifics of exactly what you want; now you'll need to be sure your goals themselves are equally specific!

For example, don't set a goal "to lose weight," or "make more money," or "be happier." Those aren't goals – just general aspirations. Instead, be specific about the outcome and the day by day actions that will create that outcome.

2) Goals should be measurable.

At any time during the process of pursuing your goals, you should be able to point to specific benchmarks that confirm you are moving forward. Most often these benchmarks will be external clues and signs, like increased income, smaller numbers on the scale, and so on.

However, sometimes these benchmarks can be purely mental and emotional too! Do you feel like you're making progress? Are you consistently stepping out of your comfort zones and taking action on your goals? If so, you are making progress!

3) Goals should be positive.

Try to avoid setting goals with a "negative" focus. Instead, turn any negative view into a positive one. For example, rather than setting a goal to quit smoking, you may want to set a goal to become a healthy, vibrant, energetic non-smoker! Rather than setting a goal to lose weight, set a goal to become strong, fit and sexy!

The way these goals are worded creates a much different picture in your mind, doesn't it? If you avoid focusing on "losing, quitting or stopping" something unpleasant – and instead focus more attention on **GAINING** something that makes you feel excited, you'll be more likely to enter into the process with a positive mind-set.

4) Goals should be worded in present tense.

Holding a mental image of the completion of your goals at some far-off time in the future will make it more difficult for you to stay excited now. Rather than saying, "I will weigh 130 pounds by next summer," try wording it like this: "I am losing 2 pounds per week, feeling lighter and healthier every day."

While you do want to have an end result that will be completed in the future, you want to place more of your focus on the **PROCESS** that is leading you to it.

Take a few minutes to fill out the worksheet below and identify your short, mid and long-term goals for each category. In the "Approximate timeframe" field, put a general idea of when you would like to have the goal completed. Be as realistic as you can, and even allow a bit of extra time if possible. It's better to overestimate than underestimate!

Short-Term, Mid-Range and Long-Term Goals

What would you like to achieve in the following areas, and in what timeframe?

Career:

Short-term goal:	Approximate timeframe:
Mid-range goal:	Approximate timeframe:
Long-term goal:	Approximate timeframe:

Relationships:

Short-term goal:	Approximate timeframe:
Mid-range goal:	Approximate timeframe:
Long-term goal:	Approximate timeframe:

Financial:

Short-term goal:	Approximate timeframe:
Mid-range goal:	Approximate timeframe:
Long-term goal:	Approximate timeframe:

Health & Fitness:

Short-term goal:	Approximate timeframe:
Mid-range goal:	Approximate timeframe:
Long-term goal:	Approximate timeframe:

Mental/Emotional:

Short-term goal:	Approximate timeframe:
Mid-range goal:	Approximate timeframe:
Long-term goal:	Approximate timeframe:

Spiritual:

Short-term goal:	Approximate timeframe:
Mid-range goal:	Approximate timeframe:
Long-term goal:	Approximate timeframe:

Chapter 4

Planning and Preparation

Now that you have a good idea of the goals you want to work toward, it's time to start breaking them down as far as possible and forming a clear plan of action for achieving them.

Since we are focusing on one or two goals at a time in this course, you may want to choose a goal that wouldn't be terribly difficult to achieve. After you've worked through the process and achieved a simple goal, you will be much more confident about repeating the same process on larger and more strenuous goals.

Write down the goal you've chosen to work toward now, along with the approximate timeframe you believe will be required to complete it:

My goal: <hr/>
Approximate timeframe: <hr/>

Now, consider whether your goal is comprised of smaller segments. For example, if your goal is to lose 25 pounds, you will obviously not lose all 25 pounds at once – you'll lose a pound or two at a time. You might decide that your 25 pound goal could be broken down into a weekly weight loss goal of 2 pounds per week for twelve and half weeks. Another example: if your goal is to quit smoking, you may decide to taper off slowly over a period of a few weeks and set a date for total cessation.

You'll find that the majority of goals can be broken down into smaller consecutive goals that will lead you to the completion of the larger goal.

Take a few minutes to break your goal down further if possible:

Big goal:
Smaller segments: 1) 2) 3) 4) 5)

Forming a Clear Plan of Action

Now we're getting somewhere! You're probably feeling a lot clearer than you've ever been about your goals in the past, and you are arming yourself with the insight and preparation that can drastically improve your chances of achieving any goal you set.

Breaking down larger goals into smaller segments is a great way to make you feel more capable, but you can take it a step further by also creating a detailed plan for tackling those segments!

Ideally you want to set daily, weekly, monthly and yearly action steps if applicable to your goal. Some goals might require only daily and weekly steps, while others will be more long-term goals and require a far-reaching action plan.

To demonstrate the action plan, let's use the weight loss example again.

Your goal is to lose 25 pounds and you've broken it down into twelve 2-pound weekly losses and one 1-pound loss on the thirteenth week. What type of action steps would create this outcome? Here is one example of how you could set up action steps for this type of goal:

- **Daily Action Steps**

Workout for 30 minutes; alternate aerobics and free weights.

Reduce excess consumption of fat, sugar and processed food.

Increase consumption of vegetables, fruit and water.

- **Weekly Action Steps**

Weigh yourself, record pounds lost.

Prepare healthy menus for the following week.

Go shopping for necessary ingredients.

- **Monthly Action Steps**

Evaluate progress. Are you still on track?

Adjust plans if necessary.

- **Yearly Action Steps**

Have a medical exam, check weight, blood pressure and cholesterol.

These steps will vary for different types of goals, obviously; but you can see how the larger goal is comprised of smaller steps that take place daily, weekly, monthly and yearly.

There are no right or wrong ways to do these steps – just what works best for you based on the type of goal, the general timeframe in which you want to complete it, and the amount of time you have available to work on them each day.

Believe it or not, small consistent steps are usually much more effective than large leaps taken sporadically! Be sure you don't overload yourself by trying to take on too much too soon.

Your steps should be moderately challenging but not excessively intimidating or overwhelming.

Preparing for Obstacles

In addition to having a clear plan in place, you will also want to plan ahead for possible obstacles you might face as you proceed. We call this "Plan B." This is not something that's fun to think about, because when most of us set goals we're overly optimistic that everything will fall into place perfectly. If only it always worked like that!

You can probably remember at least a few of your previous goals that were completely derailed because you ran into an obstacle that you didn't know how to work through, right? This is one major reason why some people never reach the goals they set for themselves.

Very often, the only difference between success and failure is being prepared! If you can think ahead and be ready for possible obstacles and challenges you may face while pursuing your goal, you will empower yourself with the ability to overcome them quickly and eagerly.

While it's not possible to predict every possible obstacle you'll face, preparing as much as you can is a good idea because you'll have a stronger level of determination from the get-go, rather than unrealistic expectations.

Remember too that there are usually two types of obstacles:

1) Obstacles caused by external influences

Outer obstacles are usually related to things beyond your control, like circumstances or events that block progress on the path you've chosen. You may think it's impossible to plan effectively for these kinds of obstacles; since they are usually beyond your control, that means your goals and plans are doomed if you encounter one, right? Not necessarily!

Very often, it's your own reaction to these obstacles that determines their outcome. If you've planned and prepared ahead of time for alternate actions (rather than banging your head against the wall in frustration!) you'll likely be able to work around them with a minimum of effort.

2) Obstacles that come from within you

Inner obstacles can often be more daunting than the outer ones! You may believe that you're fired up and ready to make progress on your goals, but suddenly discover one day that you've got some inner resistance or limiting thoughts popping up and before you know it, you've stalled.

Preparing for this possibility beforehand gives you the clarity and self-awareness you need to notice any tendencies toward self-sabotage – and nip them in the bud before they cause major problems.

To begin forming your “Plan B,” take another look at the goal you set at the beginning of this chapter. What possible obstacles might you face as you move forward, and how can you prepare for them? Write them below.

Example: Using the same weight loss goal, your Plan B might look something like this:

Possible obstacles:	Plan B:
Hitting a plateau for several weeks.	Increase water consumption.
	Reduce salt intake.
	Increase exercise intensity/frequency.
Losing motivation.	Look at old photos of a thinner me.
	Write reasons why goal is important.
	Call a friend to vent frustration.
Slipping back into old habits.	Affirm my inner strength & tenacity.
	Remove all junk food from house.
	Try on smaller sized clothing.
Being too hard on myself.	Speaking kindly to myself daily.
	Exploring feelings in a journal.
	Remembering that health is a process.
Not seeing results quickly enough.	Knowing my body has its own wisdom.
	Patience and enjoying the journey.
	Focusing on the other benefits of self-care.

Keep going like that until you've covered as many possible obstacles as you can. Then be sure to keep that sheet of paper handy – or even better, review it daily to keep the possibilities fresh in your mind!

Chapter 5

Commitment and Consistency

You probably already realize the importance of committing to your goals and being consistent in your efforts, but there may be a few things you haven't learned in other goal-setting courses.

As you proceed with your goals, keep these points in mind:

1) Commit not only to the end result, but the action steps that will get you there!

When you think of “committing to your goals” you probably imagine the determination to see them through to the end. That is definitely a beneficial focus, but at the same time you really need to be committed to taking the action steps day after day!

Think of it this way: you can commit to losing 25 pounds in a few months' time, but is it likely to happen if you don't commit to working out and improving your eating habits in the meantime?

Commitment needs to be renewed constantly! Every day you've got to keep your commitment strong and fresh so you'll make your action steps a high priority.

2) Believe in yourself, your capabilities and your potential.

Believing in yourself is a crucial element of successful goal-setting, because without it you won't have the determination and commitment necessary to work through obstacles and overcome challenges.

Remind yourself daily that you wouldn't have set your goal if you didn't believe you were capable of achieving it! It's easy to lose confidence when the going gets rough, and you may need to remind yourself that you are capable of more than you think – you just have to keep going and believing you can do it!

3) Behold the power of momentum!

Another reason people fail to achieve their goals is because it seems so difficult to keep going in the beginning. They peer into the future and see nothing but hard work and sacrifice, and decide maybe their goal isn't worth it after all.

As you work toward your goals, remind yourself daily that momentum WILL take over if you keep at it long enough! With each passing day you should notice that it requires less and less effort to keep moving forward and the results will begin to increase as momentum builds. Give yourself a chance to experience the power of momentum and you'll never be intimidated by goal-setting again!

4) Beware of self-sabotage.

Have you ever sabotaged your efforts to achieve a goal and wondered later why you did it? Self-sabotage can be sneaky! Most often you aren't aware that you're doing it at the time, only later do you realize that you could have done better.

However, with a little self-awareness you can easily nip these behaviors in the bud before they cause major damage. In particular, be on the lookout for these:

Procrastination - If you notice that you're beginning to put off working on your goals, take it very seriously! Everyone procrastinates to some degree, like putting off a complex task for a few hours until you're better able to concentrate – but if you notice that you're procrastinating frequently and for extended periods of time, you'll have to take action to turn it around!

The best way to deal with procrastination is simply not allowing yourself to do it. As soon as you notice that you're putting something off, get to the root of the issue (why you're avoiding the activity) and then take action on it immediately.

Ask yourself questions like this: Why am I avoiding taking action on this? What is the worst thing that could happen if I do it? What is the worst thing that could happen if I don't do it? How important is my goal, really? Am I willing to endure a bit of hard work and sacrifice to receive the reward at the end?

Besides keeping you on track with your goals, it's also a great way to empower yourself!

Excuses - Excuses often come along with procrastination, but they can stand alone too. In fact, it's possible to use excuses to justify almost any behavior, including giving up on your goals altogether! If you catch yourself saying things like this: "It's too hard. I'm too tired to work on my goals. It's not going to work out anyway. I have the worst luck when it comes to setting goals. I've never achieved anything before; why bother trying now," then you've got a negative mind-set that needs to be addressed!

One of the best things you can do for yourself is adopt a "no excuses" attitude right from the beginning! Remind yourself constantly that if you really want to achieve your goal, you'll do what needs to be done – regardless of any excuses you may be tempted to believe.

Distractions - Similar to excuses, distractions usually involve external influences in your life. They may appear to be out of your control but in fact they are not. For example, you may find yourself avoiding working on your goals because, "The kids are too loud. I don't have enough time to myself. I'm too busy and stressed from work. My family doesn't honor my need for personal time alone," and so on.

The truth is, you must take FULL RESPONSIBILITY for achieving your goals! It doesn't matter what else is happening around you; it's up to you to make your goal a high priority and make it happen.

5) **Motivation is key!**

Finally, remember that your ability to stay motivated and excited about your goals is the most powerful key you hold in your possession. Without motivation, you simply won't have that inner fire that keeps you moving forward!

When you first set your goals, you naturally move into a state of strong motivation because you're excited by the end result. However, as you move along toward your goals, the brilliance of that end result can easily become clouded by frustration and weariness. Suddenly all you can see is the hard work and sacrifice that lies between you and your goal!

Staying motivated takes consistent effort. Take a proactive role in keeping your motivation strong – and you'll guarantee your ability to persevere through any difficulties and challenges. Here are a few easy ways to keep your motivation burning strong and bright:

Visualize your end result daily! - The stronger mental image you can hold of your completed goal, the more eager you'll be to keep working on it. Simply set aside 10 minutes a day to fantasize about how great it will feel to achieve your goal. Allow yourself to experience the feelings as if it were really happening NOW!

Just a few minutes of this activity should have you feeling very inspired and motivated to keep moving forward.

Keep pumping yourself up. - Negative thoughts are sure to sap your motivation! Instead, make it your daily mission to consistently pump yourself up with positive, empowering thoughts. Cheer yourself on and affirm that you deserve the best. Affirm that you are strong, resourceful, flexible and ready to tackle any challenge you face!

Relish the satisfaction of progress. - As mentioned earlier, it's difficult to feel excited about something that will take place at a future time, so you may find it helpful to focus on the thrill of making progress right now.

Each day as you complete your action steps, give yourself a pat on the back and affirm how great it feels to be moving toward something that matters to you. Affirm that you'll do even better tomorrow – simply because it makes you feel so empowered!

Any time you feel your motivation slipping, take a few minutes to bask in a feeling of pride and satisfaction about your accomplishments thus far, and affirm that you can keep going!

Part Two – The Buddy System

Chapter 6

The Power of Partnership

Now that you've clarified your goals, formed a solid plan of action and prepared yourself to deal with obstacles, you are ready to begin working with your goal buddy (**instructions on how to find your goal buddy for free are at the end of this report.**) Why do you need a goal buddy? Goal achievement can be downright scary at times! Would you feel safer walking down a dark, spooky road alone at night – or walking along with another person? Our belief that there is safety in numbers is biologically wired into us. Centuries ago our very survival often depended upon staying close to the protection of our tribe or village. While we rarely have to worry about our physical survival nowadays, we still feel safer and more confident when we stick close to others. Goal-setting is no different!

Here are just a few of the ways your buddy can help you (and you can help your buddy):

1) **Motivation and courage.**

If you've ever lost your motivation and courage while working toward a goal, you may remember how disempowering and frustrating it can be. Half the time you don't even understand why you've lost steam, and it seems incredibly difficult to pull yourself out of it. Your buddy can remind you what you are working so hard for and offer a few confidence-boosting words to help you build your courage.

2) **Encouragement and accountability.**

Sometimes you just need a few kind encouraging words to help you remember that you deserve to be successful. If you struggle with negative self-talk habits, your buddy can provide a breath of fresh air by cheering you on. At the same time, your buddy can keep you accountable by ensuring that you're following through with your action steps.

3) **Balanced perspective.**

Even better, your buddy has the gift of objectivity when it comes to your goals! He or she is not emotionally attached to your goals like you are, and will be able to notice potential problems that you would have missed because you're too close to them.

There are many more benefits of working with a goal buddy, but those are a few important ones. Next, you'll want to be clear on what to expect from your buddy, and what he or she expects of you.

Chapter 7

Buddy Expectations

If you've never worked with a goal buddy before, it will be helpful to understand the role your buddy should play in your activities (and the role you will play for him or her).

Your buddy's job is to provide:

- Support

Your buddy is there to support you as you pursue your goals. What does that mean exactly? Most often this will involve reminding you of your strength and determination, helping to boost your confidence, providing a sympathetic ear as you work through challenges, and more. Your buddy supports you by keeping you steady and balanced as you move forward.

- Encouragement

Likewise, your buddy can provide encouraging words and positive reinforcement when you begin to falter. He or she can remind you of your true capabilities, the importance of your goal, and the reasons you wanted to achieve it in the first place.

- Honesty

As supportive and encouraging as your buddy can be, he or she also must be brutally honest with you! If your buddy sees that you are sabotaging your efforts or losing focus, he or she owes it to you to speak up. These honest observations may not always be easy to hear, but your buddy won't help you by keeping quiet about potential problems.

- Commitment

Your buddy should also be fully committed to helping you achieve your goals. He or she should take your partnership seriously, ensuring to the greatest possible extent that you stay focused and committed as you progress toward your goals.

- Accountability

Finally, your buddy's job is to keep you accountable. If you don't follow through with your action steps or otherwise begin to veer off-track, it's your buddy's responsibility to call you on it! Your buddy cannot achieve your goals for you, but he or she can definitely provide a (loving but firm) kick in the behind when you need one.

Likewise, you will provide all of these things for your buddy too!

Chapter 8

How to Work with Your Buddy

For best results, you'll want to get together with your buddy on a regular basis to check your progress and be sure you're still on track. The frequency of your meetings may depend on several factors, such as the type of goals you've set, how busy you both are, your respective time zones, and so on. You'll want to meet often enough so that you stay focused and motivated, but not so often that the meetings become a burden.

For the majority of goals a weekly meeting should be sufficient – but you could also chat by email or phone if you need extra support! You and your buddy should work out a schedule that fits best with your lifestyles and responsibilities.

What will these meetings be like? The procedure you follow will be largely up to you, but you should cover a few basic things for best results:

1) Sign a contract.

Before you begin working together with your buddy, each of you will sign the Commitment Contract on the following page and trade copies at or before your first meeting. This is a fun, yet serious contract that pledges your support and commitment to your buddy; and their support and commitment to you!

2) Trade worksheets.

Your buddy should also receive copies of the worksheets you filled out in the first part of this course because he or she needs to know the specifics of your goal and action steps to help you stay on track. Likewise, you should receive copies of his or her worksheets.

3) Go over a progress checklist.

Following the Commitment Contract, you will also find a progress checklist that you can each use during your meetings. It contains specific questions you should ask each other that will reveal potential problems, devise effective solutions and otherwise gauge your progress.

4) Open discussion.

Finally, you should allow adequate time to simply talk about your goals! You both want to be able to vent about challenges and renew your commitment, focus and motivation. This is an excellent time to talk about fears, limiting beliefs, and anything else that you feel may threaten the achievement of your goals.

Goal Buddy Commitment Contract

I, _____ do hereby swear to take seriously my commitment and duty regarding the goals of my buddy _____.

I solemnly vow to honor and respect the importance of our meetings together and do my very best to attend them diligently.

It is further my intention to be as positive, affirming and nurturing as I can, offering my complete support and understanding to my buddy during the pursuit of his/her goals – while also not hesitating to be brutally honest and direct when necessary.

I understand that it is my job to support, encourage, motivate and hold my buddy accountable to the best of my ability. Though I cannot achieve my buddy's goals for him/her, I understand that I am expected to provide the inspiration and stimulation that will encourage my buddy to stay focused and determined until he or she has reached the desired goal.

Most importantly, I take it upon myself to continuously remind my buddy that goal achievement should be fun and lighthearted! I hereby promise to help my buddy see the humor in every challenge and the positive benefits to be gained through the goal-setting process.

I hereby pledge my full commitment and support to my goal buddy and this journey that we have entered into together.

Signed: _____

Dated: _____

Progress Checklist
Questions to ask your buddy:
Have you stayed on track with your action steps each day?
(If not, discuss the reasons why.)
Is your goal still what you want? Should it be revised or altered in any way?
Can you think of anything in your plans or behavior that needs improvement?
Have you noticed any tendencies toward self-sabotage? If so, what?
How might you overcome these tendencies?
What do you need from me more than anything else?
Open discussion for challenges, obstacles and possible strategies.

NOTE: You'll notice that these questions are geared to reveal any potential problems that could interfere with your buddy's ability to achieve his or her goal. That means some negative issues could arise as your buddy vents about challenges or struggles with self-sabotage. While your aim is to be sympathetic and supportive, it's also important to be **solution-focused** as much as you can. Once the venting is done, you should work together to come up with strategies that will help your buddy move past the issues and improve progress toward the goal!

You don't want your meetings to become nothing more than complaint sessions because taking such a negative focus will only exacerbate the problems rather than resolve them.

You may also want to take notes during each meeting so you can later go back and verify that progress is being made! Sometimes you can't see it except in hindsight.

Final Thoughts

As you may have noticed, this goal-setting course is detailed and comprehensive, providing many of the crucial elements needed for a successful outcome. You've now got the tools you need to move surely and steadily toward the completion of your desired goal.

You understand the importance of patience, commitment, consistency and focus. You know exactly what you should expect from your buddy, and what your buddy expects from you. The only thing left to do now is get started! As you move along the path to your goal, keep these final thoughts in mind:

1) You don't need to know how everything will work out in the end.

While it's good to plan and prepare as much as you can, there is also a lot to be said for being flexible and resourceful. Trust your intuition to lead you and your inner strength to support you, even when it seems like your plans are going awry.

Learn to see setbacks as minor and temporary – never lose faith that you'll reach your destination.

2) Take your time and enjoy the journey!

Goal achievement is very much a process of “becoming”. It's not so much what you DO that gets you there, but who you become as you continuously move forward and improve yourself moment to moment.

Have fun working with your buddy and try not to take the whole thing too seriously. While your goals themselves should be taken seriously – the journey itself can be a lot of fun if you allow it to be!

3) Feed your mind with positive fuel.

If you want to drastically improve your ability to stay focused and motivated, be sure to get into the habit of building and reinforcing a positive mind-set each day! Goal achievement becomes a piece of cake when you believe that you deserve to be happy and fulfilled – and know you have what it takes to make it happen.

If you're interested in matching up with a goal buddy you can use our service for FREE! Simply visit [Real Mind Power Secrets.com](http://RealMindPowerSecrets.com) and once you have signed up you'll find a link to our forum in the member's area.

Once on the forum look out for the goal buddy section where you can match up with other like minded people looking to achieve their goals.