

## **Significant, Rewarding Achievements are Yours!**

Confucius once said that "a journey of a thousand miles begins with a single step." It seems like an evident affirmation, and most people construe it as such. However, the failure to apply this concept is one of the leading hurdles to goal-achievement.

Any significant achievement in life involves three general concepts: a vision, goals and attainment. A vision is your perceived future: what you want out of your life, where you want to be. Creating a vision can be a simple and easy process - and most people are able to visualise what they want, but are not sure how to get there.

Accordingly certain strategies can be invoked in order to maintain a vision, such as: focusing on what we want; believing in the attainability of the vision; taking it one day at a time; committing psychologically and emotionally to the vision; and being able to plan ahead and energise yourself.

Formulating goals and action plans greatly assist you to strategise a pathway towards your vision.

### **Keep Going**

It is important to remember that significant, rewarding achievements are never easy and do not happen overnight, they are derived from the fruits of hard labour, progressive achievements and the resolve to keep going.

Often when we set out to achieve something of significance we get disillusioned by small wins that we fail to recognise or we simply do not give ourselves enough time to see the fruits of our actions. It is therefore extremely important to focus on maintaining your resolve, celebrating your wins (even the small ones) so that you fuel your drive and gain momentum towards your goal. As your momentum picks up, so too will your enthusiasm!

Many people will relate to this. Especially when they are looking at increasing their muscle mass or decreasing their body weight, or looking at achieving a combination of the two. To see a goal through you must be realistic and have objective measures in place. For instance, if you are working on losing weight, rather than jumping on the scales every other day, measure how much you are gaining/losing from your chest, waist and hips. And break down your goal into several mini goals and associate rewards that do not compromise your end goal. The reward itself is not imperative, but the process is.

## 6 Tips to Keep Motivated

1. **Ensure that your original vision is a true desire**, motivated intrinsically rather than by the expectations of others or a sense of what you "should" want.
2. **Ensure that you are aware of the benefits** of attaining your vision (e.g. you may be eager to build muscle mass but are you willing to sacrifice your otherwise free time for the gym in an effort to maintain that achievement?)
3. **Set achievable short-term milestone targets**, ensuring that the targets cannot be too easily achieved, thus contributing to the sense of accomplishment and achievement, to build the momentum for long-term motivation.
4. **State goals in the positive**. The unconscious mind doesn't recognise terms that are negative. If goals are stated in the negative, you are likely to focus on the negative.
5. **Identify specific actions** that will lead to the outcome you desire. Record them in an action plan and take steps daily to complete them.
6. **Reward accomplishment**. Small progress may seem insignificant, but if you look at the larger picture, you will realise that they are necessary and important steps towards goal achievement.