

## 10 Tips on Reaching Your Goals

Wintertime (now well and truly here in Australia) is a great time for reflection, to take stock of what you really want and to create new goals and dreams.

Not sure what your goals may be? Then you may like to check out the **What is a goal anyway?** section on the Resources page of my website, which contains a list of 546 goals.

Whether you are about to create business goals for the new financial year or some fresh personal goals - maybe both - here are some tips to help you:

### 1. Does your goal inspire you?

Start by creating a vibrant vision - one that inspires you to achieve your goal.

### 2. Follow your passion, not your plan:

Stay connected to your passion and keep your focus on the 'essence' of what you want. If you do this, you might find you'll achieve something bigger and better than you had planned!

### 3. Adopt a positive attitude:

Choose a 'can do' attitude. Hold no doubt. Focus on empowering beliefs that move you forward.

### 4. De-clutter your space and maintain an inspirational environment:

Create a positive atmosphere to help you get into your 'zone' and be at your best.

### 5. Face your obstacles:

Once you become aware of these, you can start to find ways to erase them.

### 6. Find a success partner:

Reaching your goals is easier with the synergy and support that a partner brings, even if you think you can do it on your own.

### 7. Let synchronicity work for you:

Don't overlook the significance of coincidences. Make the most of these events and let them guide you.

### 8. Clarify your priorities:

Consciously set aside the time you know you will need to work towards your goal. Make your goal your most important priority.

### 9. Use music to help motivate you:

Music can be a great motivator. What's your motivating song?

### 10. Break it up:

One of the fastest ways to get started and to build momentum is to break up whatever you want to achieve into several smaller tasks. You can then easily get going by devoting just an hour a day to your goal.

For **more free tips** on clearing clutter, staying focused and reaching your goals, or to find out more about one-to-one business, executive or life coaching and group coaching or to arrange a no-obligation session with Tania, visit the Blue Sky Coaching website at [www.blueskycoaching.com.au](http://www.blueskycoaching.com.au). Tania can be contacted Monday to Friday between 8 am and 8 pm (Adelaide CST), on (08) 8338 3134 or 0411 471 941 or by e-mail on [tania@blueskycoaching.com.au](mailto:tania@blueskycoaching.com.au)