

A scenic view of a beach with waves crashing onto the shore under a clear blue sky. The foreground shows a sandy beach with some seaweed. In the middle ground, there are large rocks and a person standing on the right. The background features a rocky cliffside and a distant town.

How To Set & Achieve ALL Your Personal Goals for 2017

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How To Set & Achieve ALL Your Personal Goals for 2017

Let's start with a simple, straightforward question:

How, exactly, will 2017 work out for you?

Because that's the goal, right? Change your life for the better.

Here's the thing: setting personal goals for 2017 could change your life for the better. But, unfortunately, you may be reluctant to even start.

It's Ironic

We live in a time when goal-setting could not have been easier. We have an abundance of information literally at our fingertips. Plenty of goal-setting systems, software, and programs are available online.

We live in privileged times but are reluctant to set goals to improve our lives.

Many smart friends could take their lives to a new level with goal-setting — but they're afraid to set goals. They're haunted by the ghost of past failures. They're stymied by the emotional pain of disillusion.

They've tried one goal-setting system after another. Yet, despite their best efforts, they couldn't follow through, for one reason or another, on their intentions.

Have you had a similar experience

Perhaps, the goal-setting system didn't resonate with you.

Perhaps, you didn't follow through on it.

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Perhaps, things didn't work out the way for unexpected reasons.

After many disappointments, it's not easy to summon up the enthusiasm you need to set goals.

You'd rather not set hairy, audacious goals.

You'd rather not create a list of [SMART goals](#).

And you'd rather not spend money on yet another goal-setting system.

I understand. I've been there. And the experience is common.

My Discovery

Like many other people I had have given up on goal-setting.

I'd set many goals and failed to achieve them.

After many failed attempts, it became easier not to set myself up for disappointment.

Then I decided to pull myself out of the mess of aimless living. I decided to study leading thinkers like Brian Tracy. I studied goal-setting, time management, productivity, the works.

As I read books, watched videos and listened to CD's, it dawned on me that people who did learn to set goals achieved astonishing results. They went from rags to riches, from loneliness to enjoying happy relationships, and from ill-health to a state of boundless vitality.

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I tried one goal-setting system after another, and while I got some results, it wasn't impressive.

Then I discovered the "missing piece" that I needed to complete the puzzle. I then created my own system based on cobbling together bits and pieces that I had learned over the years. Essentially, I created a system that only used the principles that had worked for me.

An Invitation

What if someone were to show you a simple yet comprehensive goal-setting system that was hard to mess up?

I want to offer you a goal-setting system that has helped me achieve what I thought were impossible things. For instance, I have a fear of heights, but I overcame it through a process of fear-desensitization. In March, [I went indoor skydiving](#).

And, instead of charging you for it, I'm going to just give it away.

Would you be willing to give it a try?

At least test-drive it for January, 2017.

My system breaks everything down into small, easy to apply steps.

You can plug these principles into any system you like. SMART goals. 90 day plans. Goal-setting software. Pen-and-paper. It doesn't matter.

Imagine If It Worked out This Time

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It's the first day of 2018. You wake up as the sun streams through the shades. Since you don't have to be anywhere, you roll over and think about the year behind you. You look back on it with a smile on your face.

You're struggling with the recurring problems that have followed you for years.

Money used to be an issue, but now you're making plenty of money. You now have new problems. Where to invest it? How to use it wisely?

Your dream of following your passion has become a reality. Your dream project is off the ground. It's exciting watching it evolve.

Your health challenges are over. You're exercising, eating right, getting enough rest. You feel terrific, and now you're in the best shape of your life.

Finally, you've figured out how to get along with other people. You've learned exactly how to have a great relationship, and you also have many wonderful friends. Your relationships have never been better. And you've never enjoyed hanging out with people more. You're wondering,

Before you get out of bed to face the new year, you only have one question: "Can it get any better than this?"

What would your great year look like?

The purpose of setting goals now, toward the end of 2016, is to make 2017 a better year. It's a new year with new opportunities. Now is your chance to create a remarkable year ahead. I challenge you to make 2017 your [favorite year](#).

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10 Steps to Achieve All Your Personal Goals for 2017

Here are 10 ideas I've used over the past few years to achieve my personal goals.

Step #1: Get Clear

Here's how to clarify your personal goals for 2017:

A simple way to set goals for the year ahead is to start by reviewing what's not working for you right now.

Make a list of 10 to 20 things that frustrate you. Then, out of this list, pick the 3 to 5 of the most urgent issues you'd like to set behind you.

Now write the opposite of these statements.

For instance, your problem statement might read:

In 2016, I only earned \$X a month and as a result I could not do A, B, and C.

Your solution statement might read:

In 2017, I earned \$10X a month and as a result I managed to do A, B, and C.

Now turn this into a goal statement.

I allow myself to earn \$10X a month so that I can do A, B, and C.

Do this for all 3 or 5 of your goals.

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Step #2: Challenge Yourself

Here's why you should feel mild discomfort over your personal goals for 2017:

For you to reach a new level, you have to stop doing what is easy and comfortable.

For things to change you have to find a new way of doing things.

Since it's unfamiliar, it will be uncomfortable. But it will help you stretch and move beyond your comfort zone.

So, if you don't feel discomfort when you look at your new goals, you're not setting them high enough.

But don't set goals so big they appear impossible. The trick is to set a goal that is just outside your comfort zone, but not overwhelming.

For instance, instead of trying to double your income, try to increase it by 20% more. When you earn 20% more, then you can increase it by 20% more again.

If 20% didn't work for you, drop back to 10% and try again.

Like an athlete, you should focus on making incremental gains. Work to build up your strength and endurance to be able to handle a bigger workload.

Step #3: List Your Reasons

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Here's how to identify the reasons why you want to achieve your personal goals for 2017:

Your reasons to achieve your goals will motivate you.

Think of the pain of things not changing for the better. Then, think of the pleasure of getting what you want.

Also, think of the spiritual, emotional, and intellectual benefits.

List 3 to 5 good reasons why you want to achieve your goals.

Step #4: Focus On Only A Few Things

Here's how to narrow down your personal goals for 2017:

It's easy to get excited about goal-setting and make too many goals or create big goals. If you do, you're setting yourself up for overwhelm.

Quantity: Reduce the number of goals you have to 3 to 5 major goals. If you can reduce it to a single goal that would be perfect, but it's difficult to get that focused.

Size: Your chances of success will increase when you can break your big goal into a smaller piece. Once you reach that goal, set another goal to reach the next level.

Step #5: Plan Your Steps

Here's how to plan your personal goals for 2017:

For each goal, figure out the best path to reach it. If you draw a blank, then your first step should be to research your options.

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Break your plan into a sequence. What will you do first? Then, what will you do next?

Don't worry if you can't see the whole path ahead. Just see as far as you can.

In the movie, *The Secret*, Jack Canfield explains this idea:

Think of a car driving through the night. The headlights only go a hundred or two hundred feet forward, and you can make it all the way from California to New York driving through the dark, because all you have to see is the next two hundred feet. And that's how life tends to unfold before us. If we just trust that the next two hundred feet will unfold after that, and the next two hundred feet will unfold after that, your life will keep unfolding. And it will eventually get you to the destination of whatever it is you truly want, because you want it. –

Step #6: Ask For Help

Here's how to get out of stuck states when trying to achieve your personal goals in 2017:

Somewhere along the way, you'll get stuck. You'll run out of ideas because you'll have exhausted what you know what to do.

Ask for help. You could ask someone. You could sign up for a tutorial. You could conduct independent research and stitch together a new plan.

When you get stuck, ask for help.

Step #7: Track Your Progress

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Here's how to keep tabs on your progress when striving to reach your personal goals in 2017:

Create a weekly, monthly, and quarterly report. Keep track of what you've done at the end of each day. Also keep track of any challenges that you face.

Read your goal statements each day.

When your goals are visible, you trigger your subconscious mind to go to work for you.

Step #8: Overcome Any Obstacles

Here's how to manage distractions and failures when striving to reach your personal goals in 2017:

Remember, you have to fail yourself to success.

It's rare to go from strength to strength without any setbacks.

When you experience any defeats, review any lessons, remind yourself that this is part of the journey, and after a short break get back to working on your goals.

"Success consists of going from failure to failure without loss of enthusiasm," said Winston Churchill.

Step #9: Pump Up The Energy

Here's how to persist in your personal goals for 2017:

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When you set goals, things rarely go well. You will have your share of breakdowns as you aim for breakthroughs. This can be discouraging.

Your motivation will also ebb and flow. Some days, it will seem easier to procrastinate, postpone, or quit. Other days, you'll feel unstoppable.

These emotions are like the change in the weather. You can't rely on them to steer your course.

Keep your energy up.

Here are some of the things I do:

- I pursue an exercise program.
- I get enough sleep.
- I eat nutritious foods.
- And I listen to inspiring audio programs.

Step #10: Celebrate Your Success

Here's how to reward yourself for success when you reach a personal goal for 2017:

After you achieve your goal, do something to celebrate.

It can be anything that's important for you. You could buy something that you've always wanted to have. You could go out for a celebratory dinner.

It doesn't matter what you do. Just make sure you take the time to acknowledge your success.

Human beings are teleological. We need purpose to feel alive.

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Worksheets:

[Download a treasure map](#) to stick on your cork board to remind you of the 10 steps.

[Download a step-by-step worksheet](#) to fill in the blanks.

BONUS

Do you want to find your passion & purpose?

If you do, click on the link below to download my free cheat sheet

[Learn more](#)