

A Winning Goal

Motivational speaker and author Kevin Abdulrahman gives BC readers ten top tips on how to achieve their goals this year.

Confucius said, “When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.”

Let me start by making things Crystal Clear: a) To think that this year will be better than the last by continuing to do the same things all over again doesn’t constitute for a sane way of thinking; b) To think that having failed to achieve your goals and dreams last year because they were too big for you to achieve, and may be, just maybe, you should make them more realistic, is absurd.

With that in mind, here are ten winning tips to help you create an amazing year and achieve all that you set out to do.

1. A Better You

The truth is very simple - A Better Year Requires a Better You. If you are happy with the result in your life and in your business, then you are on the right track and doing the right things. If you feel that there is much more in you, then you need to evaluate your beliefs, thoughts, decisions and actions that you have taken thus far. Understand that you are living an outcome of all that you have believed, thought, decided and acted on to date. You want bigger and better results? Then, you have to be Be More and Do More. Only then are you able to Attain More. Start every day by asking yourself, ‘How can I Be Better today?’

2. Absolute Clarity

You must develop Absolute Clarity about what you want to achieve this year and why. You must develop Specific Actions Plans. This is so important because in doing so, you will be able to remain much more focussed on a day to day basis. You will also find that with every step taken towards your goals, you will gain the confidence to take even bigger and bolder steps.

3. Believe it

You must absolutely believe that you will achieve your goals. You may get to your destination sooner; you may get to it later. Time becomes irrelevant when you believe that you will achieve what you set out to do, and by having absolute clarity about what you want and why you want it, stress of time is lifted. You will enjoy the journey that leads up to your goals. Achieving your goals and dreams are your truth. Believe in them. Believe in you. Believe it to be true, and in time, it will be.

4. Make a Commitment

Life will throw you challenges left, right and centre. If you think this year will be an easier one than the last, then think again. You will face challenges this year, in different shapes and forms, but whether they hold you back or not will depend on the mindset you choose to harbour from this point on. You can

either desire to achieve all that you want from a place of convenience - in which case when confronted with a challenge, you will find yourself packing up and back to where you started - or, you can do what every winner has done to date and Make a Commitment. A commitment to have an attitude that says “What Ever It Takes”. There are no two ways about it.

5. Move With Momentum

Each year escapes most of us at a rate that seems to only be getting quicker with age. Therefore, once you have the clarity of what you would like to achieve ensure that you Move with Urgency, Move with Purpose, Move with Passion and Move with Momentum.

6. The Past is Not Your Future

What’s gone is gone. Your past no longer holds true to you today. Where you are today is a sum of everything you have and haven’t done to date. It is not your future, neither does it define it. Most people are constantly stuck living in the past and are wondering

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why they are tense and unable to reach their goals. Leave the baggage of the past behind; all the mistakes, failures, fears, challenges, and rejections. All you need to take away are the lessons you learned and experiences you’ve gained to help you move forward sharper and smarter. Your future is created by the decisions you make and the actions you take today.

7. Laugh it off

The difference between a winner and an average person is in their way of thinking. Most people take their mistakes and failures personally. Winners are able to laugh at their failures and choose to learn from their past mistakes and failures. Expect to make mistakes and fail this year. Expect it every month, week, and day. But do what winners do. It’s not personal. On any given day, you can wake up and make a decision. So start laughing.

8. Get a Coach

Get yourself a coach/mentor. All too often you won’t be able to realise your full potential unless you have someone

to push you beyond what you deemed to be possible for you. An outsider can help in counselling and challenging you beyond your current beliefs and thoughts. When you pick the right coach, they will be able to work with you in finding the fire that has always been residing within you.

9. Always Be Learning

The quality of your results is a direct reflection of the quality of your mind. The world is constantly changing. Never think you know it all. Never assume that what you know is an absolute truth, for it can change overnight. Some years ago, becoming a billionaire was the result of decades of hard work. Today, we see individuals creating empires in a matter of a few years. As a winner you must anticipate, accept and adapt to change. A winning way of doing so is to always be learning.

10. Get Specific, Take Action

Your success will not come from all the knowledge you accumulate alone, the resources you have, nor the skills you were innately born with or developed. Your success will come from the actions you take. Life doesn’t reward those with potential or those who feel they deserve it. Life rewards those who understand the simplest of truths - taking action.

Once you know what you want, then you must put pen to paper and write down what exactly you must be doing on a day to day, week by week and month by month basis in order to achieve the results you want. If you are already on a track heading towards your goals then look at what you have done so far. Pick out the few steps you’ve taken that had the biggest impact in your progress then throw yourself wholly behind those actions that will bring you towards achieving your goals.

The bottom line is this: your goals and dreams won’t get up and come to you. You have to go and get them ■

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