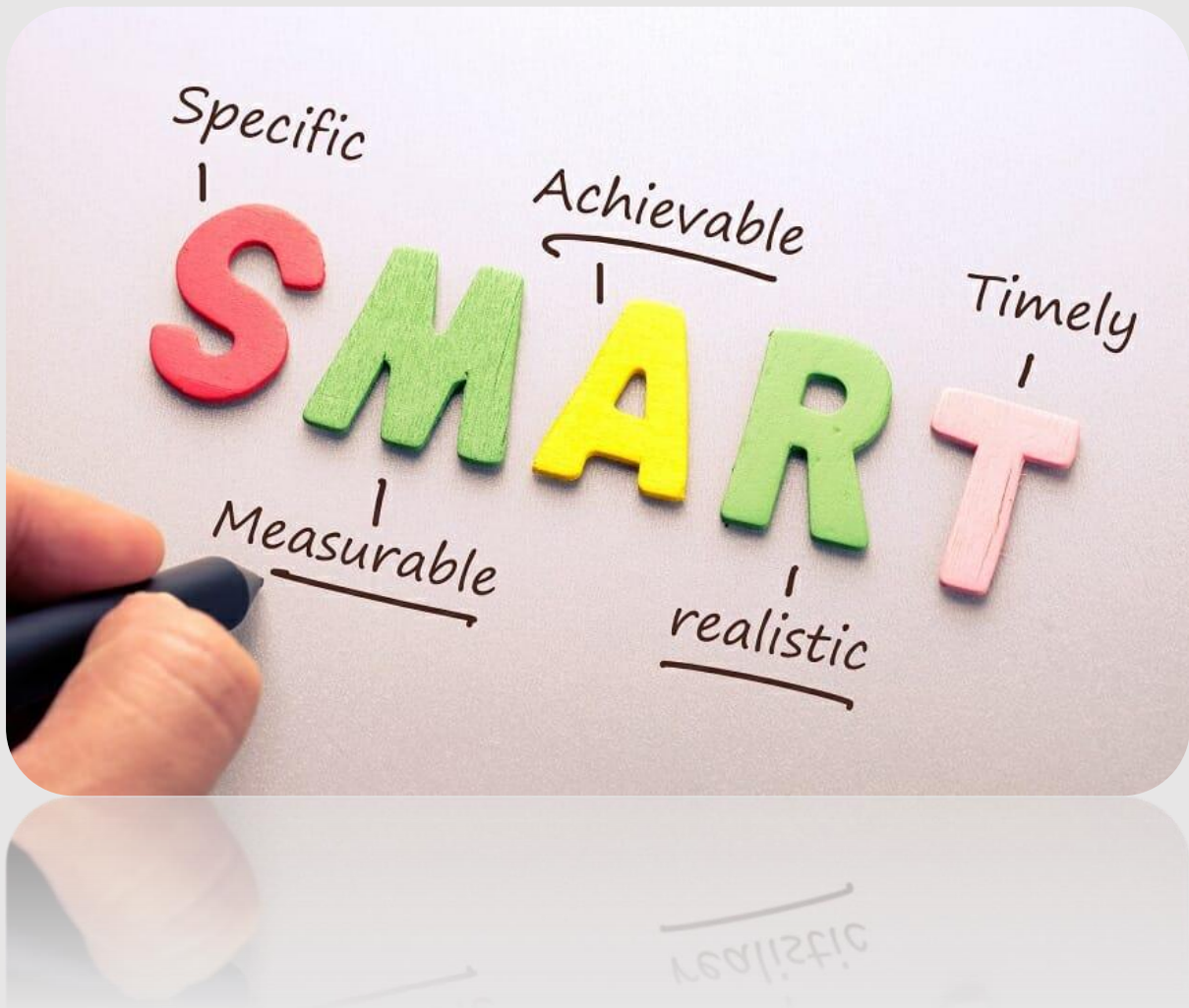


*Goal setting is a must for those who want to succeed in their lives, who want to change this world for the better, who want to live with their true purpose.*



**BY GARGI ARYA**

# SMART GOALS



No matter what goals you set, it's important that they should be measurable and should serve a purpose. One of the best goal setting ways is to set smart goals. That means your goals should be specific, measurable, attainable, realistic and time bounded. Choose your goals wisely because they define you.

## 1. Specific

Your goals must be specific. You should not get confused in choosing the goal that will take you to great heights. Your mind must not be diverted, it should be focused on one major goal that if you accomplish it, your other important goals will automatically get completed. Focus on one thing at a time! You can have as many goals as you wish to achieve, but the point here is that you should pick one out of them that you think is the most important and it will

serve you for the better. Another thing is that you must make your own **GOALS BOOK** or a **GOALS LIST**, in which you will write each and every one of them in a very detailed and explanatory manner. They must be clear and capable. If your goals are too vague, then they are just dreams!

## 2. Measurable

After you have made clear plans, now it's time to convert each one of them into a measurable amount. You must add dates, numbers and amounts so that you will know that you have to achieve these goals by the tentative date you have chosen. For example, "I will make \$10,000 by 6 pm, 31<sup>st</sup> December, 2021". If suppose you are breaking down your goal into achievable steps, then those goals should also be measurable.

## 3. Attainable

Your goals must be achievable. They should be accomplished within the constraints of time and money and also, you should have the abilities, skills, knowledge and other important factors to achieve them.

## 4. Realistic

Your goals must be realistic. They should align with your true purpose and mission in this world. They should match with the direction that you are heading and leading. It's not a one-day game, take your time to actually realise why you are here, it's a kind of trial-and-error method. Keep your eyes on the shining stars and keep your feet on the ground and there you go with something remarkable!

## 5. Time bounded

Here comes the role of setting some deadlines, target dates and timelines. You should always set such kind of dates that you think that 'yes, by this time, I will achieve this goal'. There's no point of setting deadlines and dates if you

can't accomplish them within that time limit. And, if suppose the date passes and you didn't achieve, then no need to panic. Don't lose hope, adjust yourself and keep moving.

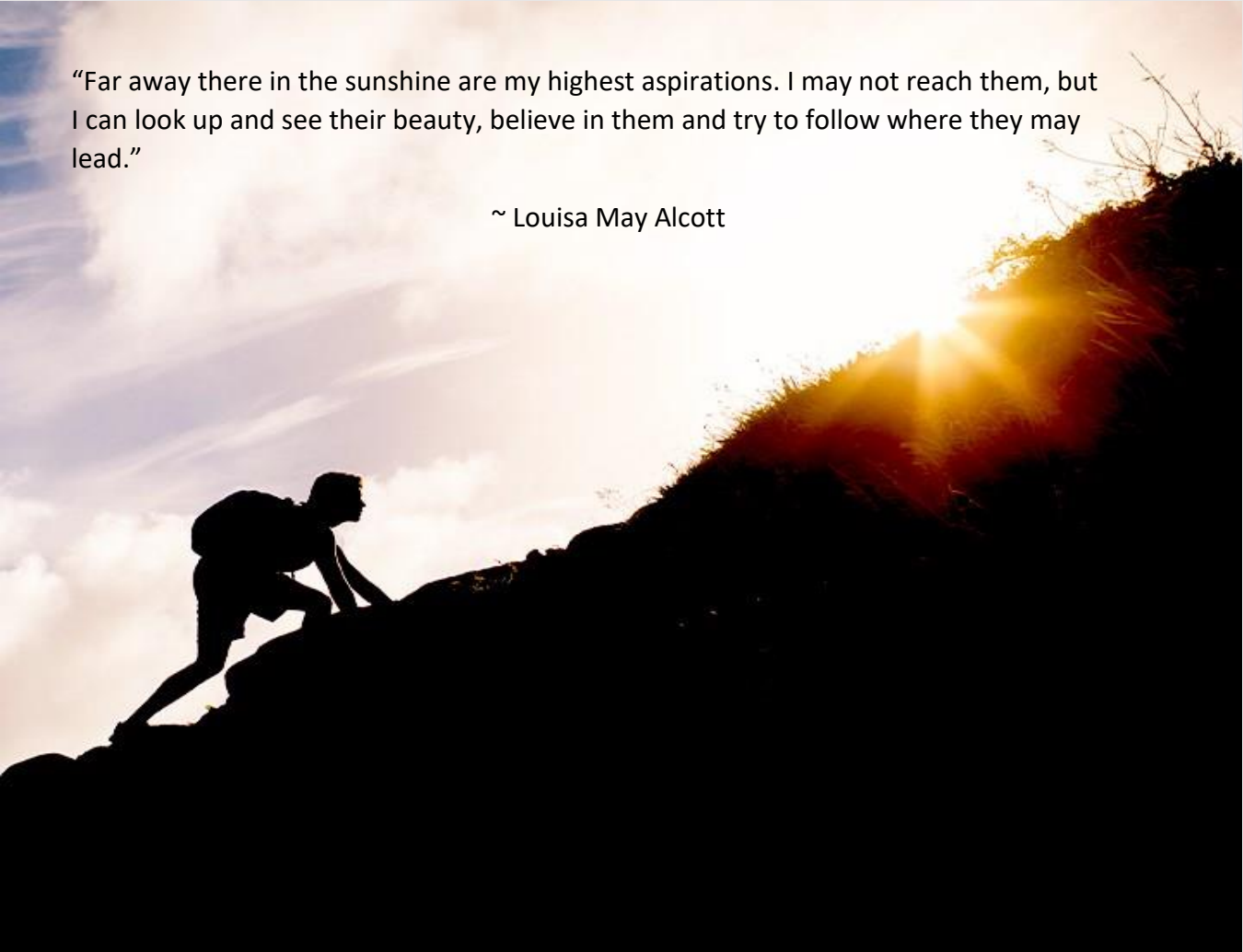
If you make time an excuse, then I tell you that time is there.

**24 hours (Per day) \* 7 days (1 week) = 168 hours**

So, you see you have 168 hours and that's a lot. It's just a matter of priority. There is time even if you are busy, you have time for what matters. And if you focus on what matters, you can build the life you want.

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Now that we have explored about how to set goals? Now, we will look at some tips that you can apply in your life for achieving goals in an effective manner.



“Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they may lead.”

~ Louisa May Alcott

## 1. Set Goals in important areas of your life

To live a happy, successful and a healthy life, you need to set goals in each and every aspect of your life and you have to keep them balanced.



If you master each and every area of your life, you will create your life a masterpiece. The best way is that you divide your goal into short term and long-term goals. Obviously, first you need to achieve the short-term ones and then you move on to your long-term goals. But here is the key buddy before you get to the next level, first recognise your efforts and celebrate your victories. Take a challenge of working upon yourself for 6 months, and then see the difference!

## 2. Set a breakthrough goal



Once you are clear about your goals, you have made the plans too, now it's time to focus on one major goal that will change the overall course of your life. For example, publishing a book, starting a business, public speaking, giving a ted talk, leadership courses, etc. You must set a breakthrough goal in each area and then work upon it. If you want to be successful, you will do everything you want to but if you don't want to make your life great, then my friend no one can help you. **Your success is not determined by how much you earn, it's determined by how much you learn.** Even if you lost everything today, you must have a positive approach towards life because **true prizes and wins of success are determined by who you are, what you have learned and the new skills you have developed.** Neither they will go away nor they will be snatched from you.

### 3. Work on your daily goals



Make a list of your goals and review them each day. Make vision boards, index cards, and keep them at a place where you will see them daily. Your goals should make you hungry and if they do not, they are too small. We all dream a dream but very few take action to accomplish them. Remember

dreams like doers rather than thinkers. Work your ass off in order to get to where you want to be. Every day take 5 actions that you think will move you closer to your goal. This idea is recommended by one of the most inspiring leaders in the world, Jack Canfield (best selling author of the book 'The Success principles'). Daily reviewing, visualising and using affirmations have enormous power and if you use it, you will rock it!

## 4. Good Idea Vs Goal



For setting goals, you need to understand the difference between a goal and a good idea. When you simply say 'I want to achieve \_\_\_ goal' you are not directing your subconscious to act towards it, you are not determined to achieve that goal. But if you simply change this statement by adding some measurable amount, tentative dates and deadlines, you set it in your head that 'Hey, I have to achieve this goal by \_\_ date/time.' Your subconscious is so powerful that when you will say your desired goal each day, it will create a tension in your mind and it will do each and everything it can to fill this gap.

Know your power, work hard, practice till you don't get perfect and keep going. With this approach, you can achieve your desired goals. For example,

Good Idea	Goal
I want to bring difference in the lives of people.	I want to bring a difference in the lives of 1 million people by offering them with great content, tips and resources so that they can create their own success stories and can fight through their struggles and unleash the hidden person in themselves by 2 <sup>nd</sup> December 2030.

## 5. Meditation for a positive mindset



Meditation is a great way to calm your mind from never ending negative thoughts and shifts you in a more peaceful state so that you can balance your life in each and every area. It can be used to cultivate good seeds in your mind and can help you to grow into a beautiful tree. Why meditation for success? Well, I believe that when the mind is at peace and there are no distractions, we get some amazing ideas from our own self. While doing meditation, if you just go deep into yourself, you can hear your inner voice, but my friend it depends on you whether you choose that voice as a critic or



a guide. And, if you take action on those ideas it can lead to something beautiful at the end. Meditation is a great way to relax yourself from everyday chaos, it's the secret to find yourself.

## 6. Focus on your actions



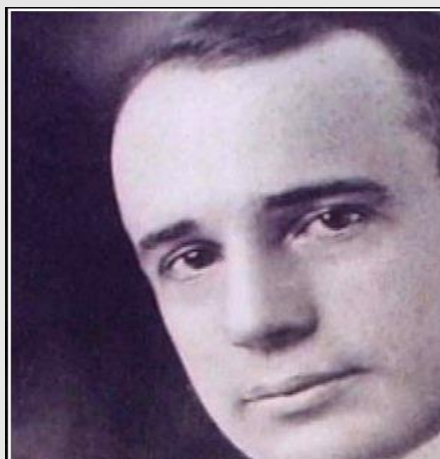
Before you act, before you take actions, the prerequisite says that first you should think, focus and make plans. You can't be on a right path every time, that's why it's very important that you keep an eye on yourself whether your actions align with your true purpose or not, whether your actions are working or not. You don't get the result by focusing on results, you get them when you focus on your actions. Your actions should inspire you; your actions don't affect you only, they make an impact in the whole world. You should take meaningful

actions; they are the key to success. If you invest all of your time in a goal that will produce minor results, I warn that you are just wasting your time. If you have a clear vision, plans and you take the right actions, you will increase your personal power and self-esteem.

## 7. Don't be afraid to step out of your comfort zone.



Everything you want in your life is in front of you, but outside your comfort zone. Growth comes in the state of discomfort. ***When life gives a tight punch on your face, just remember that now you have to visit and travel an unknown place which is known as change and if you visit and learn some lessons from it, life will return back to kiss you on your face.*** Your future will ruin if you just live in your area of comfort, but your future will shine if you come out of it. You must experience the wilderness of a situation so that you can be taught something that you have not known yet. Be a lover of life not an enemy. Life will treat you the same as you treat her.



Whatever the mind of man can conceive and believe, it can achieve. Thoughts are things! And powerful things at that, when mixed with definiteness of purpose, and burning desire, can be translated into riches. Use auto-suggestion, have faith, imagination and overcome fear and time is your opposite player as in checkerboard.

— Napoleon Hill —

# Create the life you want!



Every moment is a fresh beginning to create something new.

## YOUR HOMEWORK



❖ Your Major Breakthrough Goal? (Write in detail)

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❖ I believe I can achieve my goal of

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❖ If you could achieve your one big goal, before the end of this year, what could it be?

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❖ What goal would you be so proud, happy and fulfilled and grateful to achieve?

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- ❖ What goal would set you up for even greater success and happiness in 2022 and beyond?

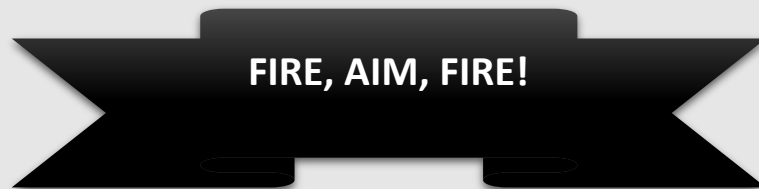
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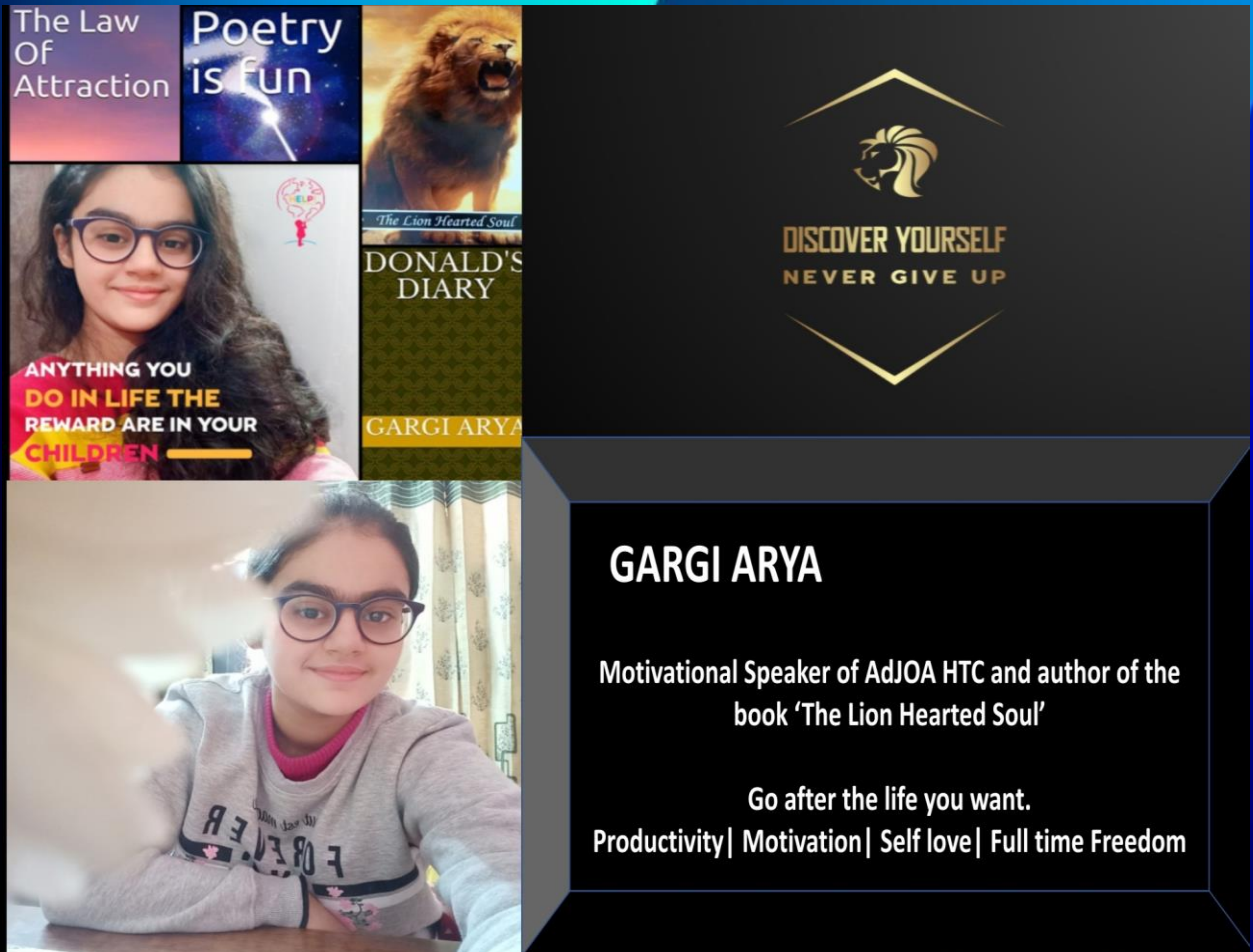
- ✓ Everyday appreciate someone either verbally or writing mails to them to show that you care for them. This exercise will help you to have better relationships.
- ✓ Take 100% responsibility of your life.
- ✓ Repeat affirmations and do the visualisation practice
- ✓ Believe in your goals and your ability
- ✓ Never give up. Persistence is the key
- ✓ Failure is a part of success. If you fail, then stand up again.
- ✓ Gratitude is a must
- ✓ Declutter your messes
- ✓ Ask for what you want and take action to complete them
- ✓ Ask for help if you need
- ✓ Don't be afraid to take your first step!

**Let the pain teach  
you how to be  
strong,  
With pain comes the  
strength,  
And, when you have  
the strength,  
You can pass each  
and every hurdle !**

**BY GARGI ARYA**



## ABOUT GARGI ARYA



**GARGI ARYA**

Motivational Speaker of AdJOA HTC and author of the book 'The Lion Hearted Soul'

Go after the life you want.  
Productivity | Motivation | Self love | Full time Freedom

*I am Gargi Arya, the motivational speaker of ADJOA HTC and author of the book 'The Lion - Hearted Soul'. I am 14 years old. I study in 10th grade in Ryan International School, Ghaziabad.*

*To me, writing is just my thoughts flowing from my mind to the tips of my fingers and painting the pages of my precious diary. Let the power of selflove reinvent yourself to create your dream life! You are an inventive, just you need the incentive.*

*The intention is to inspire and align people to live more purposeful lives by helping them discover their biggest area of contribution to the world. For more free resources, you can visit [gargiarya.weebly.com](http://gargiarya.weebly.com)*

*Gargi Arya*