

Goal setting: 7 key tips to get it right!

1. **Write down** what you want and why you want it.
2. **Get clear** about why you want to achieve your goals – your reasons why is the driving motivation and your fuel to get you to the finish line.
3. **Understand** that a genuine desire to be, do or have something means **you possess the Champion potential** to be, do or have it. Life is all about success. You're not here to fail. Life will not give you the desire unless you have the potential and ability to fulfil it.
4. **Stay fixed** on your goal but **remain flexible** about how and when you get there. Timelines are important but not as important as finishing what you start. Before you begin complete the [goals preparation exercise](#) to help you get clear on what you have started, stopped and not finished.
5. **Walk before you can run.** Start by setting small goals and achieving them. Most beginner swimmers wear 'floaties' until they achieve the basic skill set including confidence. You are building a new muscle – your Champion Mindset muscle. You become conditioned to success. You've heard the saying, "We're creatures of habit" and winning is a habit too. Champion habits are built through repetition. Achieving lots of little goals strengthens your Champion habit muscle and are the stepping stones to believing in the bigger goals.
6. **Take action.** Getting started quickly is the key to success. Don't procrastinate or hesitate. Move yourself forward even when you don't feel like it. The goals you achieve are a reflection of your ability to keep going – it's your personal challenge to yourself.
7. **Stop letting emotions rule your life.** If you wait to get in the mood to you will never have big success or start succeeding. When you have the thought, take the action. That one thought – that one decision alone changes everything! The feelings will follow, and so will the results!

Go for gold...your gold...it's your birthright!
Cheers Shelley Taylor-Smith

So kick start your goal setting today. Do you need motivation, education, inspiration or a kick in the pants! Subscribe to the fortnightly Champion Motivations *ezine* and get all of that and more...from [Shelley Taylor-Smith](#), Australia's No.1 Mental Toughness Coach plus receive the free report: "8 Taylor-Made Solutions to Accelerate Your Success" Sign up today at: <http://www.championmindset.com.au/inspire.htm>. Happy Goal Setting!