

# GOALS, GOALS, GOALS...

AND WAYS TO REACH THEM FASTER BY JANICE HOFFMANN

- Sweat the small stuff. Break the goal down into tiny parts and relish the little steps and the gradual momentum as you achieve each and every last bit.
- Link the goal to something you're passionate about. Something meaty and meaningful. This way it becomes an expression of yourself rather than this thing that you are working on.
- Know the next goal that you want to accomplish, even before you've fully started on the immediate goal. This creates perspective and context, making the current goal look easier.
- What if you just pretend "as if" the goal has already been reached? And you just live the goal full out right now. Hint: planning backwards can help.
- Identify a few single daily actions by verbalizing your goals. Get pumped up from taking action rather than measuring the size or quality of the goal.
- Bring in the reinforcements. Ask for help.
- Savor consciously and find a way to be rewarded as you go.
- Set an earlier end point and orient everything around reaching the goal by then.
- Install a challenge or a consequence. Consider this a contract with yourself.
- Write about your goals. They have so much to teach you beyond completion and getting things done.
- Upgrade the environment for each goal. This way you're not relying on fixed methods and will power.
- Simplify everything. If you need, change the goal so that it can be reached easily.
- Take a lot more action than you think is necessary.
- Let go of having goals for the next 90 days. Instead allow curiosity, compassion, and even fear to pull you forward.

## — END GAME —

**Financial.** More money.

**Legacy.** You've left your mark on civilization.

**Improvement.** Things have gotten better.

**Reduction.** Things have gotten simpler.

**Integrity.** Things have gotten stronger.

**Expansion.** Things have gotten bigger.

**Awareness.** People have gotten smarter.

**Energy.** People have been touched.

**Value.** People are left with more.

**Momentum.** People are moving faster.

## YOU CHOOSE.

*The least you need to know...*

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You have within  
you what it  
takes to reach  
your dreams.  
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### Janice Hoffmann

Hello, I'm certified! in Positive Psychology and as a master life coach. I help artists, actors, makers and seekers start + finish ah-mazing projects + world premiere them face to face

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