

# **HOW TO SUCCEED**

Did you know that only 3% of the population have written goals?

Studies have shown that if you write down goals and look at them every week then you are 5x more likely to achieve them. This doubles to 10x more likely if you look at them weekly plus think of 2 or 3 ways of reaching them.

With this in mind here are my top tips for reaching your goals:

- ✓ Write down your goals
- ✓ Make your goals specific
- ✓ Visualise your goals as if they have already happened
- ✓ Think and speak positively about your goal
- ✓ Plan steps that will take you to your final result
- ✓ Don't talk about what you will do – JUST DO IT
- ✓ Don't wait until you are motivated – ACT NOW
- ✓ Set a date that you will achieve your goal by
- ✓ Read about and research your goal
- ✓ Do something everyday that takes you nearer towards your goal