

Yes, You Can Achieve Your Goals.

By Ruth Duda

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I'm sure you've read articles on the importance of setting goals. We all have goals. They range from losing weight, to saving for the future, to starting our own business. Unfortunately many of us never achieve our goals.

Why do some people achieve their goals, while others are unable to? It may be lack of commitment, determination, or persistence. It may be as simple as, lack of belief in themselves.

Simply stating what you want will not make it happen. You must believe that you can, and will, make your goal a reality.

The best way to move yourself toward the realization of your goal is to visualize yourself doing it. If your goal is to lose 20 pounds, visualize yourself 20 pounds lighter. Visualize yourself buying new clothes in a smaller size.

Affirmations are also an important part of achieving your goals. Write down your goals, focus on them. Repeat them several times a day.

If you start with a large goal, break it down into several smaller goals. This will make it easier to achieve. It will also bolster your self-confidence as you achieve these small goals.

Perhaps you want to write articles for ezines, but you know your writing skills need improvement. Take tutorials on writing, spelling, and punctuation. Work toward your goal!

You can achieve your goals, if you are willing to commit to achieving them. No, it will not always be easy. There may be obstacles to overcome. But if you are determined and

persistent you can turn your goals into achievements.

Believe in yourself. Invest in your future. Set goals and make the commitment to achieve them. No one can do it for you. Only you can make your life better.

Ruth publishes the "Wealth Connection Marketing Ezine."

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