

**AWAKEN THE
GREATNESS WITHIN**

Goals

By Asad Meah

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Welcome

Thanks for subscribing to AwakenTheGreatnessWithin!

My name is Asad Meah, founder and CEO of AwakenTheGreatnessWithin.com. I created the website in October 2015, the main aim of the site is to empower people to believe in themselves and take action on living their dreams.

I wanted to create an eBook to give away to our subscribers so that they can benefit from this by growing as an individual and help them toward living a truly successful life.

I wanted to create a free eBook that will benefit my subscribers lives, I did not want to just create another free eBook that will be forgotten about once downloaded. The purpose of the eBook is to change your life so that you can go from living an average life, to living a life of greatness.

Take the information in the eBook and use it to change your life for the better, I like to create things that have a lasting impact on people, the information here should empower you to live to your highest ideal and develop your life to a higher standard.

Don't just read this information and then forget about it, there will be steps below that you can implement into your life. You must start today if you are serious about success. Successful people do what the unsuccessful people are not willing to do, goal setting is one of those things that the successful people do.

We live in a world that does not seem to encourage people to be ambitious in life and aim for greater heights, well I'm here to change that, you can achieve anything that you set your mind to, the limits that you perceive are not real, there are no limits in life. Success is a journey of growing, developing and awakening to your true potential. So get ready to live life on a new level and push yourself toward greatness.

After you have read this eBook share it with as many people as possible so that they too can live life at a higher standard and accomplish more in life.

Use this information to create the life of your dreams!

Asad Meah

CEO & Founder

AwakenTheGreatnessWithin.com

Introduction

This eBook will discuss the importance of goal setting and how to implement it into your life. Goal setting is one of the most important aspects to success, but most people do not have any idea of how to set goals. May this eBook help you to see the importance that goals play in building a truly successful life, implement it into your life and build the life of your dreams.

Goal Definition

“An observable and measurable end result having one or more objectives to be achieved within a more or less fixed timeframe.” BusinessDictionary.com

“Something that you are trying to do or achieve.” Merriam-Webster.com

“John Norcross is a researcher that has been studying goals and change for many years, and defines a goal as “a mental representation of a desired outcome that a person is committed to”. In regular language, a goal is a) identifying something that you want and b) are willing to stick with a course of action to achieve.” PsychologyToday.com

Why Do You Need Goals In Life

Goals give an individual a sense of direction in life, they allow them to know where they are going. All successful entrepreneurs, top-level athletes and high achievers in all fields set goals. Goals provide you with a long term vision of what you want in life and it helps you to be productive with your time so that you can make the most of your life, rather than wasting it away engaging in nonsense. People with goals know what they want and what they need to do to get to where they want to be. Goals will help you live better.

The majority of people do not have any goals, that is why they are failing to live up to their highest potential. People are wandering aimlessly through life because they have not identified what they want and what they need to do. Goals help you define your ultimate destination of where you want to go in life, do you want to just remain where you are living the same way forever or do you want to accomplish more, if you do then you need to set goals for your life and have a plan of action to achieve your goals.

Goals help you focus on what you want by changing your mindset, with focus comes the efficient use of ones time, with the proper use of your time you can start moving forward in life. Goals help to move your life forward in the right direction that you wish to go, rather than keeping you confined to where you are. You are your own captor, you are the one who holds yourself back from accomplishing more in life by not taking positive action in the right direction. Well now the time has come for you to change that and change your life.

Ambitious people set goals, lazy people have wishes. Most people are lazy and they don't believe in themselves, that is why they don't set goals. So believe in yourself and take one step at a time, you can achieve anything. Don't be a coward, have the courage to say what you want from life, and get up and start moving in the right direction.

A Few Famous People Past And Present Who Encourage Goal Setting

Jim Rohn, Arnold Schwarzenegger, Les Brown, Tony Robbins, Eric Thomas, Brian Tracy, Jack Canfield, Michael Jordan, Denzel Washington, Rick Ross, Drake, 50 Cent and countless others.

Goals Quotes

- "People with goals succeed in life because they know where they are going." Earl Nightingale*
- "What you seek is seeking you." Rumi*
- "A goal without a plan is just a wish."*
- "The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goals to reach."*
- "Set a goal that makes you want to jump out of bed in the morning."*
- "Set daily, monthly, and long term goals and dreams. Don't ever be afraid to dream too big. Nothing is impossible. If you believe in yourself, you can achieve it."*
- "Set your goals high and don't stop until you get there." Bo Jackson*
- "What did you do today to bring you closer to your goal."*
- "Goals are like magnets. They'll attract the things that make them come true." Tony Robbins*
- "Goals are dreams with deadlines."*
- "The first step towards getting somewhere is to decide that you are not going to stay where you are." J.P Morgan*
- "If not now, when?"*
- "Set some goals then demolish them."*
- "Discipline is the bridge between goals and accomplishment." Jim Rohn*
- "Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal."*
- "Success is yours for the taking."*
- "Success in life comes when you simply refuse to give up, with goals so strong that obstacles, failure and loss only act as motivation."*
- "You must do the thing which you think that you cannot do." Eleanor Roosevelt*
- "Believe you can and you're halfway there." Theodore Roosevelt*
- "The reason you're still hoping you'll achieve your goal is because you haven't decided to achieve it yet."*
- Jill Koenig*
- "Goals help you channel your energy into action." Les Brown*
- "Determine what you want and why you want it. Once you understand what's important, you can utilize your passions and achieve anything." Brooke Griffin*
- "You are never too old to set another goal or dream a new dream." C.S.Lewis*
- "When you focus on what you want, everything else falls away."*
- "In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia."*
- "Set goals and stay focused on your priorities." David K.Reynolds*
- "Your goals are the roadmaps that guide you and show you what is possible for your life." Les Brown*
- "If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you." Les Brown*

Major Goals To Focus On

There are only a few major areas in life that demand your focus, all else is nonsense. The masses focus their time on pointless things that yield no benefit to their life. Here is a list of areas that you should start to focus on so that you can live a truly successful life.

Spirituality (1 hour a day)

Find out the purpose of life and give thanks and praise to the creator of the universe. Give thanks, being in a grateful state of appreciation for the life that you have and all the blessings in your life. During this time you can use affirmations such as 'I AM' followed by whatever positive word such as blessed, or whatever you choose.

Health (1 hour a day)

Eat healthy throughout the day, eat real food, not junk food, eat at least three meals a day of healthy and nutritious food, drink plenty of water and have a portion of fruit a day. Also workout at least five days out of seven, one hour of exercise a day will do wonders for your mind and body. Health is so important so make it a priority in life.

Success/Financial Freedom/Entrepreneurship/Dreamchasing/Abundance (5-7 hours a day)

You need to focus on creating your dream life so that you can live life on your own terms and not be trapped in the mediocre life that you have fell into. Shape your world or it will be shaped for you, so focus on success and work hard until you are living the life of your dreams. Start a venture based on what you enjoy doing with your time, find what your life work is, make a difference to society and change the world for the better.

Family/Friends/Love/Happiness (1-2 hours a day)

Spend time with your loved ones on a daily basis, go out to places, buy your wife/kids/family gifts, small gifts can make a big difference, do something different every weekend if possible where you are enjoying yourselves. Spend time with your family everyday eating dinner together, and watching a film some nights. Also go out with friends once in awhile and keep in contact with those good uplifting people who bring out the best in you and are ambitious, it rubs off on you. Do something each day that makes you happy, don't wait until you get something to be happy, be happy now.

Total Hours

That is a total of around 8 hours a day focused on your goals. Align all of your activities to your goals and do not engage in BS. Time is a precious commodity, so use it wisely so that it will yield a greater return for you. You don't have to start with the above hours as that may be too much for you at the beginning, you can start with 30 minutes a day for the first week and then increase week by week, so in a month's time you have increased the hours to a greater level.

How To Set Goals (Example)

Goal = (Health) Get a muscular body

Plan of action:

Action 1 = Gym 5 days a week, 1 hour a day

Action 2 = Eat 5x a day

Action 3 = Drink protein shake daily

Action 4 = Watch 30 minutes of gym videos

Action 5 = Consume 3500 calories a day

Deadline = 1st July 2016

Your Goals Sheet

Four main areas to focus on. Select your top three goals in these areas that will improve your life the most. Focus your goals on those things that matter the most. Use the sheet below to input your most important goals (YOU MUST DO THIS TODAY IF YOU ARE SERIOUS ABOUT DEVELOPING YOUR LIFE!), have two goals that are short term that you want to accomplish this year, and have one long-term goal. The goal deadlines must be near, do not set end of year goals, as you will not be driven to achieve it. Set goals that MUST be achieved in a matter of months, don't delay a better life, don't put off what you can do today for tomorrow. Set your goals in the sheet below and print it off, put in the work everyday and never give up. Balance your life around your goals.

Your Goals

Spirituality

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Notes:

Health

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Notes:

Success/Financial Freedom/Entrepreneurship/Dreamchasing/Abundance

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Notes:

Family/Friends/Love/Happiness

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Goal =

Plan of action:

Action 1 =

Action 2 =

Action 3 =

Action 4 =

Action 5 =

Deadline =

Achieved by =

Action 5 =

Deadline =

Notes:

Align All Of Your Activities To Your Goals

You must start to align all of your activities to the achievement of your goals, no time for BS when you are trying to live life on a new level, don't be like the average folk, step it up this year and make this the year that you push your limits to those that you could have never imagined. Focus on those things that matter, focus on your goals and focus on success. Don't waste your time doing things that are not aligned to success, think about what you are doing with your days, are you doing things that will help you or hold you back. Days are expensive, use them wisely. Your activities must be focused on success, if you want the entrepreneur life get serious and don't make excuses, no one cares about why you didn't do something, action is the only damn thing that matters. So get serious and put in the work every damn day to create the life of your dreams.

Development Of Character By Achieving Your Goals - The Importance Of Who You Become

Goal setting is used to help you develop yourself, goals are not just things that you get, but the most important thing is who you become as a person in the process. Goal setting will help you go from who you are, to who you need to be, you must go from an average individual to an individual of success. Success is not what you get, but who you become. As you push your limits, your character will develop as a direct result.

You must become more as a person, when you will change, everything will change for you. Your work ethic, your dedication, your drive, your focus, your productivity, your daily habits, your associations, your vocabulary, your dress sense, your limits and most importantly your mind. You must be ready to go on a journey of growth and understand that success is a process and every single day you are growing as an individual, on the journey you will come up against different trials and tribulations that you must conquer in order to go from average to great.

*"What you get by achieving your goals is not as important as what you become by achieving your goals."
Henry David Thoreau*

Persevere To Achieve Your Goals

You must persevere until you achieve your goals, don't ever give up, success is the only option, failure is not an option for those who want the entrepreneur life. Keep at it and emulate what other successful people are doing in your field that you choose to set up a venture and learn from those who are living the life you want, and do what they are doing and do more every single day. Be productive with your time and get things done, the majority of people who fail are those who gave up too quickly, try everything possible, if one tactic does not work in achieving your goal try more things, don't just give. To become successful you must keep on moving forward, if others have done it so can you, so believe in yourself and take daily consistent action, and go hunt your goals down and be hungry to succeed. Success is there for the taking for those who are willing to pay the price.

Final Thoughts

I hope this eBook will reach millions of people, people need to awaken to who they can be, I hope that after you read this eBook you can share it with others so that it can help to improve many people's lives. Many more people would be successful if they had the right information, I hope that this eBook can impact people in a positive way and help people develop themselves so that they can go from where they are, to where they want to be in life.

Set your most important goals, go to work on them and focus on success, daily consistent action is the key to success. May you be blessed with good health, wealth, abundance and prosperity in all areas of your life. Set sail on a new direction in life and live the life of your dreams!

“Live a life without limits, all things are possible to those who believe.”

AwakenTheGreatnessWithin

