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5 Fool-Proof Ways to Successfully Achieve Your Goals

Let's face it. If you aren't setting goals, performance is not improving. Follow these five fool-proof ways for achieving success in setting goals and getting results.

1 Keep it Simple

Focus on just 1-2 things at a time. This allows you to do them well before moving on to others.

2 Define, Clear, Actionable Behaviors

Be specific about what you are trying to accomplish and break down the steps into concise actions.

3 Set Many, Mini Goals

Positive reinforcement accelerates performance so break big goals into smaller goals. Success breeds success!

4 Forget Stretch Goals

Don't reach too high. You will only become discouraged and give up.

5 Celebrate!

Reward and recognize success each time a milestone is reached. The more reinforcement, the more likely achievement of long-term goals will be made.

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