

# Ten Steps To Achieving Your Personal Goals

Why should anyone have goals anyway, I sometimes hear people ask. Well there are quite a few reasons, but to put it in a nutshell, goal setting really does help you to plan and when you have a plan you can do something about it and that is what helps make dreams become your reality – putting a plan into action. It is all in the doing! The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your course.

## 1. What exactly do you want? Define your Goal

Is your goal clearly defined with a specific plan of action? Is it important to you personally? Is it within your power to make happen? Is it something you have a reasonable chance of achieving?

Are you clear about what is important for you in your life? Do you make your choices based on this? Is your goal something YOU really want or is it something you think or you've been told you should want?

You can only achieve your goals if you are totally clear on exactly what it is you want.

So... what exactly do you want?

## 2. How strong is your desire? Determine the Strength of Your Desire

Do your goals inspire and energize you?

On a scale of 1 -10, with 1 being very weak and 10 being "I'd do anything to achieve this goal", how strong is your desire?

The greater your desire, the stronger your inner drive to action towards that goal.

So... on a Scale of 1-10, how strong is your desire?

## 3. Have you written down your goals? Write It Down

Have you put your goal on paper and made it official? Did you know that only 3 % of people write down their goals, and of those 3%, 80% of them actually achieve their goals? Are you one of the 80%? Writing down your goal is your declaration that You Want It! Be specific. Place it where you will see it several times a day. So...have you written down your goals?

## 4. Can You See & Feel Yourself Having What You Want? Define All The Ways You Will Benefit From Reaching Your Goal.

Can you visualize yourself having arrived at your goal? Where are you? How is your life different? What are you doing? How do you feel? Be specific. The more benefits you can envision, the more energized and inspired you will feel and the greater the pull that goal will have on you. See & feel yourself already there. Use the power of that vision to fuel your actions.

So... can you see & feel yourself having what you want?

## 5. Where are you now? Determine Your Starting Point

# Ten Steps To Personal Power

**Guy Robertson**



## Ten Steps To Personal Power:

*The Science of Success: 10 Steps to Prosperity and Power. Personal Development Classics. Personal Growth (Illustrated)* Wallace D. Wattles, Napoleon Hill, Russell H. Conwell, P. T. Barnum, Page Fox, Benjamin Franklin, Orison Swett Marden, H. A. Lewis, 2020-01-14 The Science of Success 10 Steps to Prosperity and Power is the collection of titles encapsulates the greatest writings of all time on how to succeed and to grow in power wealth and prosperity Featuring W D Wattles THE SCIENCE OF GETTING RICH Napoleon Hill THINK AND GROW RICH Russell H Conwell ACRES OF DIAMONDS Russell H Conwell THE KEY TO SUCCESS P T Barnum THE ART OF MONEY GETTING OR GOLDEN RULES FOR MAKING MONEY Page Fox ONE THOUSAND WAYS TO MAKE MONEY Benjamin Franklin THE WAY TO WEALTH OR POOR RICHARD IMPROVED Orison Swett Marden PUSHING TO THE FRONT Orison Swett Marden AN IRON WILL H A Lewis HIDDEN TREASURES OR WHY SOME SUCCEED WHILE OTHERS FAIL **Journey of Circus: 10 Steps To Personal Mastery** Nishesh Garg, 2024-12-07 In this book fiction seamlessly blends with personal development and corporate wisdom The narrative follows Avyukt a young intern at the cusp of his professional journey who is challenged by his father to explore Circus The Wonderland Through an immersive adventure across ten unique circus floors readers are introduced to extraordinary characters who embody critical life lessons Each character represents a transformative insight into personal growth leadership and professional development From understanding groundedness and managing stress to developing critical thinking and fostering innovation the book offers a metaphorical journey that transcends traditional learning Designed to resonate with individuals from teenagers to working professionals the story provides readers with a unique perspective on self improvement and conscious living **THE PERSONAL POWER PROGRAM** Darcy Holmer, 2023-12-20 Do you yearn for more in your life but feel like you re settling for less Discover the transformative power of feeling good in your inner self body and finances with Darcy Holmer s The Personal Power Program A Woman s Step by Step Guide to Thriving in Self Body it s a call to action for every woman who isn t willing to settle for less and is ready to take action to start realizing her more *Ten Steps to Personal Power* Donald Curtis, 1970 [The Ten Steps of Positive Ageing](#) Guy Robertson, 2020-03-05 Can ageing really be a positive experience Yes You can make a difference to your own ageing process Research shows that how we think about ageing can have a significant impact on our health and wellbeing in later life The Ten Steps of Positive Ageing challenges and debunks the inaccurate and negative attitudes that may be contaminating your outlook on getting older and provides a clear practical road map for exerting more choice and control over the ageing process Concentrating on the psychological and emotional aspects of getting older and deploying a range of personal development techniques The Ten Steps of Positive Ageing provides you with the keys to a happier and more fulfilled later life This is the book for those of us who want to do ageing differently *10 Steps to Successful Teams* Renie McClay, 2009-12-01 Most projects or initiatives in today s organizations begin with the formation of a team yet the majority of resources available

for this core business activity are long on description and short on advice 10 Steps to Successful Teams provides this missing practical easy to implement advice Using a holistic process oriented approach the book carefully guides readers through the process of building strong new teams or improving even the best existing teams The book includes extensive assessments and tools created just for this book to help team leaders manage conflict and improve communication You will find individual team member and leader self assessments to help focus the team on getting results and to identify areas for improvement One key feature of the book is Tips from Teams Members which is designed to give advice on what works in team environments and how to avoid common pitfalls A similar recurring element throughout the book offers advice from the field to team leaders 10 Steps to Successful Teams is a holistic practical process oriented approach to leading and managing teams focused on achieving organizational results Preview 10 Steps to Successful Teams at Google Book Search [How to Suffer ... In 10 Easy Steps](#) William Arntz,2019-10-08 What A Self Help book on How to Suffer You must be kidding Well YES and NO YES in that it s a satirical roast of self help books that promise everything and tell you it ll be easy and it never is NO in that it turns out that looking at and dealing with suffering is the Gorilla in the room that everyone avoids to our own undoing And YES there is some kidding around as a humorous approach is the best way to sneak up on the mothership of bad times Suffering And NO you won t have to suffer to read it Following the 10 Easy Steps just do the opposite and don t suffer there is the Suffering Hall of Fame and then the 6 Slippery Steps to End or at least change your suffering state Chapters include Buddha Kicks the Habit of Suffering The Power of Not Now Beyond the Roast Let s Get Real and The Pseudo Science of Suffering in which you learn how to construct and use your very own Sufferometer It s a lot for one little book but then again it is a subject which consumes directs and shapes so much of what we all do and or try not to do in every day life **A Life Coach's Journey Through Darkness to Light** Kelly Keith,2024-04-04 Hopeful that sharing this story may help others through their own difficulties in life A Life Coach s Journey Through Darkness to Light is the author s experience of the path she has taken to reach where she is now She is a spiritual happiness life coach today The first half of her life includes different short stories of her childhood that led her into darker times from choices made because of insecurities created from that childhood On into her twenties and working as an adult entertainer And finally how she got through safely with very detailed instructions of HowToos in this world as a young girl safely exploring her creative power About the Author Kelly Keith spends her time with teens today struggling with addiction and grief from loss of loved ones She is a licensed certified spiritual happiness life coach Keith has a YouTube channel where she discusses astrology and divination tools that are here on earth to help us find our way through the darkness She also has a website where people can easily connect with her for her services She provides tarot readings on all areas of life Keith is a medium who helps people with grief from losing loved ones She has a recovery coaching program that is a combination of spiritual coaching and happiness coaching She is really close with her family Keith has two teenage boys that she loves and adores Her rock Dennis V has been her support for

twenty years her protector her strength and her sponsor Keith is the middle child of three She comes from a divorced family but she loves all of her family members equally Family is very important to her Keith says I've always been different and unique I beat from a different drum I follow my own path I meditate every day that has been the answer to me staying high on life naturally Always happy and never bored Keith teaches people how to connect with their intuition and let their inner GPS system to higher intelligence guide them      *7 Steps to Finding Your Spiritual Path* Ariel Paz ,2025-01-19 Do you want more peace and harmony in your life More joy Less uncertainty anxiety and doubt about your path your purpose your future Whether we realize it or not we are all on a spiritual journey It may be overnight or it may happen over time but sooner or later you will have a spiritual awakening Your eyes will be opened and you will see life through different lenses This short ebook will guide you to finding your spiritual path You are on your way to becoming your authentic empowered purposeful self You will leave behind negative thought patterns such as fear doubt and worry and ditch behaviors that no longer serve you In return you will find more peace joy than ever before be catapulted into your destiny No matter what your circumstances or your age this book will start you on the journey to transformation that will last your entire lifetime I am excited for you so start your journey today      *Pocket Guide to the 12 Steps* Kathleen S.,1997-03-01 A time proven process of healing The 12 Step method is a practical approach to overcoming addictions codependency and compulsions These steps will help you Heal your relationships with others Master new skills to sustain a healthy lifestyle Restore joy and meaning to your life Overcome social isolation Learn to hear and be honest with yourself Build a clear sense of purpose      **CSB Study Bible, Personal Size Edition, Gray/Black Cloth Over Board** CSB Bibles by Holman,2018-03 The CSB Study Bible Personal Size Edition is designed to help you know and be transformed by God's Word This personal size study Bible features the highly readable highly reliable text of the Christian Standard Bible CSB in an easy to read and carry format Inspiring you to grow in your understanding and love for God's Word the CSB Study Bible Personal Size Edition includes an award winning array of study resources including over 16 000 study notes tools and word studies each tool presented on the same page as the verses it refers to This easy to use layout is perfect for daily reading or preparing for group Bible studies The CSB Study Bible Personal Size Edition is the ideal resource for lifelong discipleship Study Bible features include 368 word studies to introduce you to the context and meaning behind key Greek and Hebrew words High quality Smyth sewn binding that will lie open whether you are reading Genesis 1 or Revelation 22 Full color visuals to help you see the structure and context of Scripture come alive including 94 photographs 55 maps 44 paintings 21 illustrations reconstructions 19 charts and 61 timelines Introductions and outlines for each book including background information theological themes and insights into the unique contribution of each book Easy to read layout with two columns of text center column cross references 8 point type and three columns of notes The CSB Study Bible Personal Size Edition features the highly readable highly reliable text of the Christian Standard Bible R CSB The CSB stays as literal as possible to the Bible's original meaning without sacrificing clarity

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**Trauma and the 12 Steps--The Workbook** Jamie Marich, PhD, Stephen Dansiger, PsyD, MFT, 2023-08-29 Your definitive trauma sensitive guide to working the Steps skills for understanding your addiction processing your trauma and navigating your recovery journey the anticipated companion to Trauma and the 12 Steps This addiction recovery workbook from clinicians Jamie Marich PhD and Stephen Dansiger offers skills to prevent relapse enhance recovery and understand how trauma impacts alcoholism drug dependency and even other types of addictions Working the Steps for the first time can feel scary and unfamiliar and depending upon the experiences you've had at AA or NA you may question whether the 12 Steps are right for you Here Marich and Dansiger help you get to the root of your addiction while offering skills and exercises for an inclusive recovery program Unlike some 12 Step programs this workbook is open to all regardless of your background history identity or spiritual beliefs It also recognizes that for most of us on recovery or sobriety journeys each Step isn't made to be worked through only once this workbook is designed to support your individual needs whether that's practicing one step on a day to day basis revisiting another at different times throughout your recovery process or using the exercises as part of a yearly check in The workbook begins with a self care inventory then moves through each of the 12 steps with prompts meditations journaling reflections and body based exercises The authors also offer coping skills and an open minded approach that acknowledges that your recovery is as unique as you are one size fits all doesn't apply Compassionate trauma responsive and grounded in the latest behavioral and neuroscience research this workbook is your go to addiction recovery toolkit

**12 Steps of Self-Leadership** Doug Lester, Cheryl Lester, 2016-01-11 Self leadership is about realizing the power and potential that is in you and everyone you meet The world needs you now in your imperfection and in the midst of your formative processes You do make a difference The important question is What kind of difference do you make You are about to set out on an exciting exploration of your inner world The 12 Steps of Self Leadership is designed to help you identify and overcome the beliefs and behaviours that are holding you back clarify and leverage your strengths and natural giftings increase your Difference Making Quotient live and lead on purpose This transformational guide is relevant at any stage of your life or leadership journey and will help you increase your awareness and effectiveness in life work and relationships By fully engaging in the 12 Steps of Self Leadership you will dramatically increase your Difference Making Quotient and your ability to lead Self and others

*Ten Steps to Improving College Reading Skills* John Langan, 1997

*CSB Study Bible, Personal Size Edition, Mahogany LeatherTouch* CSB Bibles by Holman, 2018-03 The CSB Study Bible Personal Size Edition is designed to help you know and be transformed by God's Word This personal size study Bible features the highly readable highly reliable text of the Christian Standard Bible CSB in an easy to read and carry format Inspiring you to grow in your understanding and love for God's Word the CSB Study Bible Personal Size Edition includes an award winning array of study resources including over 16 000 study notes tools and word studies each tool presented on the same page as the verses it

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Mark A. R. Kleiman, James E. Hawdon, 2011-01-12 Request a free 30 day online trial to this title at [www.sagepub.com/freetrial](http://www.sagepub.com/freetrial) Spanning two volumes of approximately 450 entries in an A to Z format this encyclopedia explores the controversial drug war through the lens of varied disciplines A full spectrum of articles explains topics from Colombian cartels and Mexican kingpins to television reportage from just say no advertising to heroin production and from narco terrorism to more than 500 billion in U S government expenditures Key Themes Cases Conferences and Conventions Countries Affecting U S Drug Policy Drug Trade and Trafficking Laws and Policies Organizations and Agencies People Presidential Administrations Treatment and Addiction Types of Drugs HOW TO BE HAPPY - LIFE OPTIMIZATION TACTICS FOR FREEDOM, SUCCESS AND HAPPINESS Francisco Bujan, Happiness is VERY mysterious It is one of these words that means a lot However so many people feel puzzled by how to access it In this book I give you dozens of strategies to multiply your level of happiness and optimize your life These strategies are the result of 10 years of coaching experience with my clients I am a full time professional life coach and these life tactics are the nectar of what I discovered working one on one with people like you I cover literally hundreds of life situations and give you the exact best strategy to deal with the exact challenge you might be facing right now All my advice is super specific No more vague and general hints I make it clear and direct to help you get what you want from your existence **Substance Abuse Treatment for Women Offenders** Patricia Kassebaum, 1999

**The Complete Idiot's Guide to Toltec Wisdom** Sheri A. Rosenthal, DPM, 2005-09-06 Open the mind to new possibilities Born out of the ancient Toltec society in the central valley of Mexico this advanced philosophy incorporates the knowledge of science art and the spirit to form a perfect model of transcendence Toltecs believed humans live in a world of dreams that can lead to self love and respect the keys to personal freedom With this guide readers can explore the knowledge of the Toltecs taking charge of their lives and becoming fully aware for the first time Foreword from don Miguel Ruiz the master of Toltec wisdom and author of The Four Agreements Filled with practical tools that readers can employ

immediately This is the perfect introduction to the subject Rosenthal is a Toltec Mentor trained by Ruiz himself     **A**  
**Skeptic's Guide to the 12 Steps** Phillip Z.,Z. Phillip,1990-10-01 How many of us have felt like Phillip Z He has a staunch  
belief in the Twelve Steps yet struggles with the concept of a Higher Power In A Skeptic s Guide to the 12 Steps the author  
investigates each of the Twelve Steps to gain a deeper understanding of a higher power He examines what may seem like  
unsettling concepts to us including surrendering one s will and life to God and he encourages us to understand the spiritual  
journey of recovery despite our skepticism



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