Life is impossible without a goal

You can live without a purpose?

Without goals there is no success. Maximum focus on the most important goal is the quality of people pursue in any business, in any field. The greater the goal, the more successful a person can achieve in your life. Man can not realize their potential, their capabilities and abilities, if you do not learn how to set goals. The presence of target can be compared with the presence of a compass that helps to find their way in the vast desert or tropical jungle. Another important observation. Man - tseledostigayuschee creature. If you did not set a goal, then you will realize the goals of other people.

The dream and the goal - the same thing?

The goal - a vision of the future, which wants to reach people. But any way if the future goal? The way of the future and is a dream come true. The dream and the goal is different, first of all, that the goal is always potentially achievable and realistic, and the dream can be elusive. For example, a man can dream about how to survive until such a time when the world will not be war, but it is obvious that in the next period of historical development is not possible. Second, the dream can not assume the activity of human activities, the objective also defines some actions of man. Of course, any dream can become a purpose in certain circumstances. A girl who wants to marry a millionaire, can make this dream come true aim

- Why people do not set goals?

B. Tracey, a renowned expert in the field of successful achievements, claims that there are several reasons.

- People want to improve their lives, but do not wish at the same time to make the required effort. They can speak beautifully, but nothing it does not do.
- People do not take responsibility for their own lives. They hope for the fate, chance, on the other people that can change their lives for the better.
- Low self-esteem of man. He just does not believe that he is able to set serious goals.
- People do not realize their importance. If a person grew up in an environment in which people do not set goals, he does not understand their importance or their potential.
- People just do not know how to set a goal. They get a lot of knowledge, skills, abilities, not suggesting that the ability to set a goal can not be less, and even more value for a happy life.
- Fear of being misunderstood, criticized.
- Fear of failure. Fear of failure is from a misunderstanding of the role of failure in achieving success. You can not achieve success without experiencing failure. Failure - a prerequisite for success.

- How to set goals?

In order to successfully achieve the goals, they need to be formulated properly. To do this, there are a number of techniques you can use to set goals really high quality. One of the most common and effective ways - a clever staging (from the English smart.) Purposes, ie setting goals using S.M.A.R.T. criteria.

In accordance with this technology goals should be:

- Specific (Specific)
- Measurable (Measurable)
- Achievable (Achivable)
- Results-oriented (Result-oriented)
- Correlated with a specific term (Timed)

THANK YOU FOR ATTENTION

- Specific objectives (S). The objective should be clearly formulated. Otherwise, the result can be reached in the end, wherein the plan.

- Measurable objective (M). If the goal is not to be any measurable parameter, it is impossible to determine whether the result achieved.

- Achievable target (A). Goals are used as an incentive to solve some problems and, thus, a further move forward due to the success. No need to set goals that the contrary would lead to an increase in the stresses in your life. It should be enough to set complex goals involving effort, but keep in mind that they should be achievable.

- Result-oriented objectives (R). Goals should be characterized on the basis of the result, not of the work in. Thus efficiency is achieved. You can set a goal to come to work an hour early, but if it does not identify the expected results from this, that you can spend hours sipping coffee or simply chatting.

- Objectives, correlated with a specific period (T). Any target must be feasible in a certain time dimension.