



# LOUDER



RESOURCES



# SECRETS TO EFFECTIVE GOAL SETTING

If you want to reach your full potential and create a life on YOUR terms you must set goals. Goal setting is also one of the most effective tools for mental mind training. Setting goals is a fantastic way to empower yourself, take ownership for your life, and win in all aspects of your life. Lots of people see goal setting as a way of writing down or thinking about what you want but it is so much more than that, it is developing a timely action plan, execution, and pursuing to get everything you desire. If you assess your life in personal and professional aspects so far a lot of your achievements and accomplishments likely happened because you planned and put forth effort to get what you wanted.



**Effective goals** are the **biggest difference** between daydreaming and making your **dreams a reality.**

*Your Life Cass*  
LOUDER founder.

## BENEFITS OF EFFECTIVE GOAL SETTING

### FOCUS

Goal setting assists in helping you focus on what you want. We live in such a busy world that rarely slows down, effective goal setting helps you focus on the things that bring value to your life and helps you decline activities that do not bring value to your life. Goals help you find direction to reach your target and allow you to spend more time doing things that you love which allows you to create the life that you want.

### MOTIVATION

Effective goal setting is the basis for ambition in your life. When you determine what your end goal is you are able to track your progress along the way. You know the significance of each of your actions while you complete them and effective goal setting helps motivate you to focus on high-value activities.

### CONFIDENCE

When you experience positive outcomes and progression you are making it is encouraging. When you realize that your actions can either take you towards your goals or guide you away from them it gives you the confidence to take action in things that will take you closer to achieving your goal.

### ACHIEVE MORE

You will always feel satisfaction from achieving your goals. Research has shown that people who achieve more generally live a happier life. Effective goal setting allows you to develop new behaviors and maintain momentum throughout your life.

# YOUR FIVE EFFECTIVE GOAL SETTING STRATEGIES

## 1. SMART

Ensure that you create SMART goals. Creating SMART goals gives your goals structure and trackability. SMART goals give you clear-cut objectives, with transparent milestones, and an estimate of your goals feasibility.

**Specific** - What exactly is your goal?

**Measurable** - How will you track your goal?

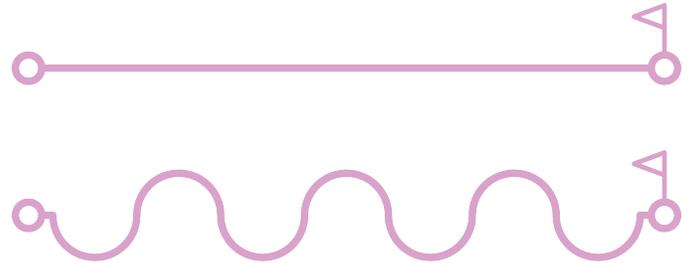
**Attainable** - Can this goal reasonably be accomplished?

**Relevant** - Does your goal align with your values and objectives?

**Time-Bound** - Do you have a realistic ambitious date to achieve your goal?

## 2. SAY NO

Say no to things that don't align with your goals. Don't let things distract you from achieving your goals, stick to actions that bring you value and align with your goals. Think of your goals as two points, you can either get there in a straight line or you can take the long way to get there... your choice.



## 3. CELEBRATE

Celebrate the small achievements! Give yourself credit, you are amazing for going for your goals. Celebrate the milestones and pat yourself on the back for staying on track with your goals.

## 4. REEVALUATE

Create deadlines whether they be weekly or monthly to check how on track you are with your goals. Ask yourself if you are on track or if any adjustments need to be made. It is consistent work to stay in shape just like it is consistent work to stay on track.

## 5. Don't Stop

Once you have achieved your goal DON'T stop. You'll feel pride and energized when you achieve your goals, if you don't set more goals you may feel lost and lack a touch of meaning in your life. To avoid feeling stagnant keep making your dreams reality!

Setting goals is not something that you will be good at naturally, it is something that must be learned and practiced overtime. You will make mistakes along the way but it is important that you learn from your mistakes and continue on your path to achieving all of your goals. Setting effective goals allows you to have control over your dreams. Leave your familiar comfort zone behind and embrace the new feeling of getting what you want.

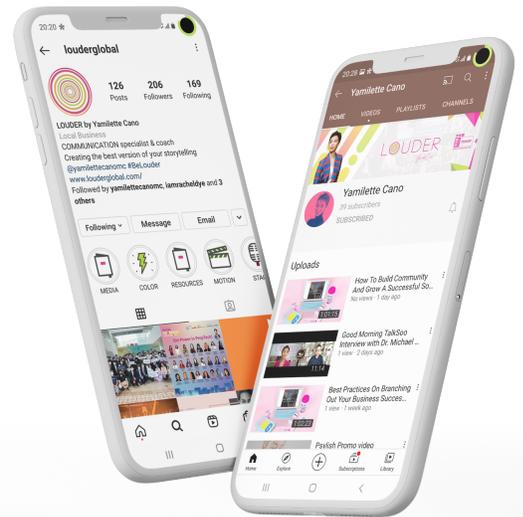
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*Yanille Cant*  
LOUDER founder

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OUR SOCIALS!

Come join the LOUDER Community! We would love to hear from you on our social networks. Use the hashtag #AskYam on Instagram with your questions about entrepreneurship, business, communication and anything else for your chance to be featured on the LOUDER Global Instagram page.



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