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PRACTICAL ADVICE TO TRANSFORM YOUR LIFE

1. I sat down to start working on my goals for 2012 and realized that I've been working on the same list of goals for years. I'm really discouraged and wondering whether it even makes sense to set goals since I obviously don't follow through. Do you have any advice? –Louisa

2. I'm self-employed and have set a business revenue goal that looks very feasible on paper. Yet, when it comes time to do the work, it seems like generating the revenue is a struggle. I suspect that part of it is a limiting belief I have around how much money I should be earning. How do I tell if the problem is with my mindset or if I'm simply overestimating how much money I'm capable of generating? –Bill

3. By studying *The Success Principles*, I've gotten pretty good at setting specific, measurable goals. My problem is that I have a hard time keeping my goals in mind. I get busy with work, taking care of my kids, etc. ... and then all of a sudden, weeks have gone by and I haven't given my goals any thought at all. What do you recommend doing on a monthly, weekly and/or daily basis to avoid this problem? –Susan



4. I have never liked setting goals. When I sat down to try and figure why this is, I realize it's that I don't like making the commitment. I don't want to look bad if I don't achieve the goal. Plus, there's a piece of me that feels like if I say yes to something by setting a goal, I'll be saying no to something else. Any ideas on how I get rid of this rebellious and rather immature streak? – Sandra

5. I pulled out my 2011 goals recently, and I was depressed. I didn't achieve any of the big goals on my list. Yet, at the same time, I accomplished some big things this year that were never officially goals. Part of me feels like celebrating, while there's also a voice in my head that says I'm a failure for not achieving what I said I wanted to do. Do you have any advice for acknowledging that I didn't make the progress I had hoped, without feeling like a flop? –Mollie
