

EFS SERVANT LEADERSHIP NEWSLETTER

"Our life is what our thoughts make it." Marcus Aurelius

EFS SERVANT LEADERSHIP NEWSLETTER

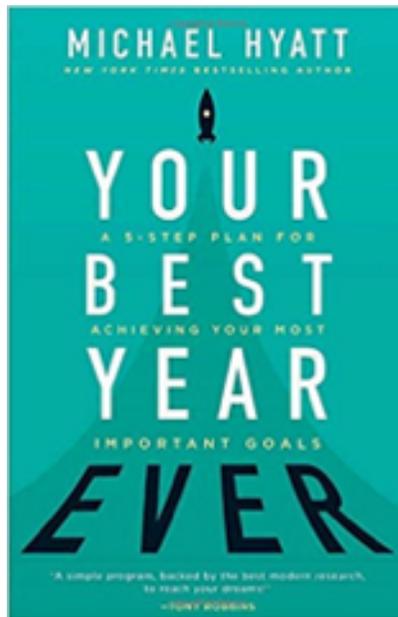
TOPIC THIS ISSUE:

LAUNCHING YOUR THRIVE GOALS IN 2020



FOUR TIPS TO ACHIEVE YOUR GOALS

By: SARAH BERGER



Billionaires Bill Gates and Richard Branson both tout the importance of having big goals and going after them.

But if you're jumping on board the "new year, new me" train, better buckle up for a bumpy ride: Research has found that **only about 8 percent** of people achieve their New Year's resolutions.

So this year, before you scribble down a handful of ambitious to-dos only to feel discouraged when you fall behind by mid-January, do things a little differently. According to leadership expert Michael Hyatt's book

"Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals," these tips can help you set and actually reach your objectives.

Start with the right mindset

First, you have to shift your thinking. We "tend to experience what we expect," writes Hyatt, calling doubt a "goal toxin." Specifically, think about the beliefs that are holding you back and swap those for thoughts that encourage you to move forward. You need to "recognize that most of the barriers we face are imaginary," Hyatt writes. "There are a million thoughts running through our heads, but we alone get to choose what we're going to believe."

It not only helps with reaching goals, but **multiple studies** have found that optimists tend to be physically and psychologically healthier than

.....

**EFS SERVANT
LEADERSHIP
NEWSLETTER**

.....



pessimists, and researchers in another study found that positive thinking can even boost your performance at work.

Craft specific goals

Simply jotting down something vague like "do better at my job" likely won't cut it. Instead, focus on goals that give you clarity and direction. According to Hyatt, goals should be specific, measurable, actionable, challenging but realistic and exciting.

Writing down your goals is also a must, Hyatt says. A mix of "achievement goals" and "habit goals," as Hyatt calls them, is also key. An achievement goal is a one-time accomplishment, something like, "I will get a \$10,000 raise by Q3 of this year." A habit goal represents a new, ongoing, regular activity like, "I will respond to all unanswered emails every week by Friday at 3 p.m."

Use your "why" as motivation

It happens to the most motivated of us out there: the desire to quit. But the key to follow-through, according to Hyatt, is identifying the "why" behind the "what."

"When we begin a project, there's all kinds of enthusiasm," Hyatt writes. "We're energized by the surge of excitement that comes from novelty and our own creativity. But that surge is like starter fluid; it's not the fuel that will see us through the journey. That's why so many New Year's resolutions only make it a few weeks. To go the distance with our goals, we need something stronger."

That strength to push through setbacks and keep your momentum can be found in your underlying motivations. Why did you set your goal in the first place? Remember why you started, and remind yourself of any rewards that will come once you accomplish your goal.

Viral TED Talk speaker and "Find Your Why" author Simon Sinek is also a proponent of using your "why" to do everything from [figuring out what to do with your life](#) to [nailing a job interview](#).

Have strategy to execute

"Most goals fail because we're missing proven implementation tactics," Hyatt writes. One of the best things to do to execute a goal is to break it down into more manageable steps, says Hyatt. Knock out the easy tasks first to develop some momentum.

"Getting some quick wins boosts your mood," Hyatt writes. Anticipating obstacles you might face and determining the best course of action to take in advance can also set you up for success, according to Hyatt. So can reviewing your goals daily, weekly and quarterly.

And always remember: "Goals are about growing," Hyatt writes. "A good goal causes us to grow and mature. That's because every goal is about the journey as much as — even more than — the destination."

EFS SERVANT
LEADERSHIP
NEWSLETTER

THE POWER OF WRITING DOWN YOUR GOALS

BY: MARY MORRISSEY



Do you write down your goals and dreams on a regular basis? Or do you simply think about them, without actually recording them anywhere?

As it turns out, your answer to this question has a HUGE impact on your odds of transforming whatever it is you desire to be, do, have or give into your reality.

Why is the power of writing down goals so important?

Dr. Gail Matthews, a psychology professor at the Dominican University in California, recently studied the art and science of goal setting. She gathered two hundred and sixty-seven people together — men and women from all over the world, and from all walks of life, including entrepreneurs, educators, healthcare professionals, artists, lawyers and bankers. She divided the participants into groups, according to who wrote down their goals and dreams, and who didn't...

And she discovered that those who wrote down their goals and dreams on a regular basis achieved those desires at a significantly higher level than those who did not.

In fact, she found that **you become 42% more likely to achieve your goals and dreams, simply by writing them down on a regular basis.**

The likelihood that you'll transform your desires into reality goes up even further if you share your written goals with a friend who believes in your ability to succeed (what I call a "partner in believing").

Why does writing down your goals and dreams have such a profound impact?

The explanation has to do with the way our brains work. As you may know, your brain has a left and a right hemisphere. The wide, flat bundle of neural fibers that connects the two hemispheres is called the corpus callosum. This is the conduit through which the electrical signals between the right brain, which is imaginative, and the left-brain, which is literal, make contact. These electrical signals then move into the fluid that surrounds the brain and travels up and down the spinal column.



EFS SERVANT LEADERSHIP NEWSLETTER



These signals then communicate with every fiber, cell and bone in our body... to the consciousness that operates within us to transform our thoughts into reality. It allows us to align our frequency to a life we would love living. This is significant, because if you just THINK about one of your goals or dreams, you're only using the right hemisphere of your brain, which is your imaginative center. But, if you think about something that you desire, and then write it down, you also tap into the power of your logic-based left hemisphere... And you send your consciousness and every cell of your body a signal that says, "I want this, and I mean it!" Just the act of writing down your dreams and goals ignites an entirely new dimension of consciousness, ideas and productivity to the powerhouse that is your subconscious mind. This simple act also opens your subconscious to "seeing" opportunities that simply can't be observed if you're tied up with THINKING about your goals.

Keep breathing, and you WILL create results... but will they be results that you LOVE?

A year from now, no matter what you do, you will have results in your life. These results could be an abundance of time, money, freedom, love, health and fulfillment... or they could be scarcity, lack and struggle in all of those areas.

It all depends on you, and whether you choose to take the necessary steps to create the results you desire, or continue doing what you've been doing and keep experiencing the same results.

I invite you to perform a "success experiment"

Each morning for the next seven days, start your day by writing down your goals and dreams in the four key areas of life:

1. Health & relationships
2. Love & relationships
3. Vocation
4. Time & money freedom

Don't write down what you THINK you can have, or what seems possible under your current circumstances... Instead, write down what you'd truly LOVE, no matter how big or bold it may seem to you right now.

What will happen when you do this experiment?

While this experiment is simple, it's also highly powerful, and it will cause **two things to happen:**

The **first** is that you'll **reach a new level of clarity around your goals and dreams.** The act of writing your goals down requires a level of clarity that just thinking about them doesn't... and this then communicates through the logic center, or the literal center of us, "I mean business. I'm serious about this. This matters to me. It's my life."

The **second** is that this exercise **shifts what you tend to focus on throughout your day**, including your awareness about opportunities that are right in front of you, but that often can't be seen if you're just casually thinking about what it is you really want.

EFS SERVANT
LEADERSHIP
NEWSLETTER

5 REASONS TO COMMIT YOUR GOALS TO WRITING

BY: MICHAEL HYATT



The secret to accomplishing what matters most to you is committing your goals to writing. This is important for at least five reasons.

1. Because it will force you to clarify what you want. Imagine setting out on a trip with no particular destination in mind. How do you pack?

What roads do you take? How do you know when you have arrived? Instead, you start by picking *a destination*. The same is true with the milestones in your life. Writing down your goals forces you to select something specific and decide what you want.

2. Because it will motivate you to take action. Writing your goals down is only the beginning. Articulating your intention is important, but it is not enough. (This is where I disagree with Rhonda Byrne, author of [The Secret](#)). You must execute on your goals. You have to take action. I have found that writing down my goals and reviewing them regularly provokes me to take the next most important action.

3. Because it will provide a filter for other opportunities. The more successful you become, the more you will be deluged with opportunities. In fact, these new opportunities can quickly become distractions that pull you off course. The only antidote I know of is to maintain a list of written goals by which to evaluate these new opportunities.

4. Because it will help you overcome resistance. Every meaningful intention, dream, or goal encounters resistance. From the moment you set a goal, you will begin to feel it. But if you focus on the resistance, it will only get stronger. The way to overcome it is to focus on the goal—the thing I want. Steven Pressfield's book, [Do the Work](#), is must reading on this topic.

5. Because it will enable you to see-and celebrate-your progress. Life is hard. It is particularly difficult when you aren't seeing progress. You feel like you are working yourself to death, going nowhere. But written goals are like mile-markers on a highway. They enable you to see how far you have come and how far you need to go. They also provide an opportunity for celebration when you attain them.

