

HOW TO CREATE AN ACHIEVABLE OBJECTIVE

Have you ever had a dream, but somehow other things in your life got in the way?

Are you not sure how you can accomplish your most desired wishes?

Do you want to obtain certain results, but you don't know how you can obtain them?

Once you go through this easy objective-setting method, you will discover that you can really have it all.

Before we actually start the process, I want to make a clear distinction between a state and an **objective**:

- You can have a certain state now.
- As opposed to a state, an objective needs more **time** and a **specific action plan**.
- A state is ambiguous, infinite, not measurable, while a goal is **specific**.

Having these in mind, are you ready take your wishes from the dream land to real life?

Let's start creating your objective now, with these clear and efficient steps:

1. First, please choose the **life domain** you want your objective to be in:
 - Profesional life
 - Health
 - Love life
 - Spiritual life
 - Relationships
 - Personal development

We'll set the first objective together. After that, I strongly advise you to take each life domain and create at least one objective for each.

2. Second, what is it exactly that you **want**? Please be very specific and really honest with yourself.
3. That particular wish that you want to achieve needs to be written down on a **piece of paper**. You need to write it **in positive details only**, in the **present tense, for you specifically**. You can only design an objective for you.
4. The objective will be written by following the **SMART** guidelines bellow, as we need: clarity, specificity, time frame and emotion for it to become reality, to be transformed from a wish to reality:

S and

M mean that the objective needs to be **specific** and **measurable**. A specific and measurable goal has complete clarity for you.

[For example, if you say, "I want to make more money", it's not specific at all and it's not even measurable either.]

An objective that is **specific** and **measurable** looks the following: "I make a thousand dollars now". Let's have even more clarity.

Moving on we have:

A, from "as if now". An objective written "as if now" is written at the present tense, as in the example below:

"I make a thousand dollars now".

R comes from **realistic**. It means that it is within your capacities. Do you feel you can achieve it?

T means **timed**. It means that you need to give it an exact date.

Always focus on what you want, on **how** to get that specific thing that you want so much.

5. Give your objective **emotion**. As we are emotional beings 100%, we need to make sure that we know exactly "what is the last step that has to happen to know that I got my objective?" This is a proof procedure. It's the **clue**. It's the thing that tells you: "I got it."

In order to bring in all the emotion possible, we are going to make an internal representation of the final step, of the image that shows you that you got your objective.

I want you to imagine that image as vividly as possible and ask yourself:

- What do I see?
- What do I hear?
- What do I feel?
- What do I say to myself?
- What smells come to my mind?
- How does everything around me look and feel when I get what I want?

Now, we will make the most positive kinesthetic, the most real feeling of the accomplished objective: picture yourself in the image, with the strongest intensity of the final step, **look through your own eyes** and increase all the beautiful abundant feelings **ten times**.

I want you to put all your energy inside the image with the accomplished objective. What you do is to give your internal representation vitality. You bring it to life. You make it real. You attract it like a magnet.

6. Have the date in mind one more time and feel completely **confident** that your objective is becoming a reality.
7. **Write down the first step** on how you plan on achieving your goal. The first step is always the one that sets the tone, so that all the other steps will surely and quickly follow along the way. Everything is aligning so that you can achieve what you want.

These are all the steps you need to follow in order to make sure you get your objective in your hands. You realize you deserve to have it, you owe it to yourself to live the best life possible for you. It's in your hands to make sure that you get your desired results.

Objective Creation Summary:

1. Choose the **life domain** in which you want the objective.
2. Decide what the **goal** is, what is it exactly that you want.
3. Write it down on a piece of paper in **positive** terms only, in the **present** tense, for **you**.
4. Write it using the **SMART** process: **specific, measurable, as if now, realistic, timed**.

5. Give your objective's last step ten times increased the amazing positive **emotions** you have.
6. Have the date you set in mind and feel **confident** it will become reality.
7. Focus on the **first step** of your objective.

Remember: a goal set up and not taking action to achieve it, is a mere dream that will eventually torment you.

Notice that the future seems to be different now, doesn't it? When you have a clear path, everything falls into place in the most wonderful and unexpected way.

To many accomplished objectives in all the areas of your life! Why only wish for things to happen? Make them happen!

When you have any questions, please let me know by [clicking here](#).

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