

Personal Development Goals # Easy!

Everyone needs a goal to achieve # a golden carrot # in order to truly succeed. The most important of these are personal development goals.

Setting personal development goals is easy. The tough part is reaching them. One reason that people fail to meet their personal development goals is that they set blurred images rather than clear goals. Other people set too many goals, or place their target dates for accomplishment too far into the future.

When setting personal development goals, you need to clearly define what you want to achieve. It's great to want to lose weight, but you need to set a clear goal. Decide how much weight you want to lose, and make that your goal. Make sure it's an achievable goal, so you're not setting yourself up for failure.

Once you've set your goal of say, ten pounds, you can go ahead and establish and diet and exercise plan that will help you to accomplish your goal.

The second step to meeting your challenge is in setting the parameters. You've already established that you want to lose ten pounds. You have an exercise and diet plan ready to go. Now, give yourself a time limit. Let's say that you want to lose those ten pounds in two months. Five pounds a month. About a pound a week. That seems easily manageable. So now, you know the number of pounds you'll lose, you have a realistic time frame in place and you know exactly how you'll go about achieving success.

You have established personal development goals, and you are on your way to achieving them.

Don't set your personal development goals too high or too far out of reach. If you set unattainable goals and you're not successful, you'll feel like a failure. This feeling can have a negative affect on your self-esteem, and on your life in general. Don't go there.

When you do meet your goal, make sure that you reward yourself. This doesn't necessarily involve a great deal of money, or a big fudge sundae that will place you right back at square one. Treat yourself to a movie, a glass of your favorite wine or a stroll through the park. Celebrate the fact that you stuck to your plan and you met your goals.

Once you've achieved your first personal development goal, you'll be ready to take on another. And then, there's no turning back.