

11 ULTIMATE GUIDELINES
TO CRUSH YOUR

GOALS



KWAH CHOON HIONG

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To Help You Set Your Goal And Achieve Your Goal

Kwah Choon Hiong

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11 Ultimate Guidelines To Crush Your Goals

To Help You Set Your Goals and
Achieve Your Goals

by Kwah Choon Hiong
KwahChoonHiong.com

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What Subscribers are saying about 11 Ultimate Guideline To Crush Your Goals?

Hi Choon Hiong,

Thank you so much for sending me your eBook over.

Very well structured written and very informative.

Topic on “Be Industrious” was something very new to me and I find it interesting.

Highly recommend people to have a go at it, they will definitely learn something new like myself!

Best Regards,

Malcolm Low

Dear Choon Hiong,

Really appreciate that I have a chance to read your e-book. You have shed me some light what I should do to achieve my goals. Thanks for coaching and giving me motivation to having more positive thinking.

~ Feraine

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Who Am I?

13 December 1976, that was a little baby boy born in a city named Johor Bahru in the south of Malaysia. This baby boy was given the name Kwah Choon Hiong. He is the first baby, first grandson in the family...

Hello! How are you today? I hope you have a wonderful day. First of all, I would like to thank you for downloading my eBooks. Whether you are in the process of finding the best way / **guideline to [achieve your goal](#)** or you are just wanted to gather some information on how to set your goal, I hope my eBook would be able to help you, guide you and inspire you. This eBook recorded the up and down of my weight loss journey and how I understand and find the way to **set my goal** and achieve it. Therefore, I decided to create this eBook to help people who need it and having the same problem as I did.

My Story

Yes, I am the little baby boy born in Malaysia. My name is Kwah Choon Hiong, friends always call me Kwah. I am a full time senior IT professional working in Singapore. I have been working in Singapore since year 2000.



My childhood photo – 6 years old

During my childhood, I was a little fat boy. I was given a nickname “little fatty” by my friend in school. I like to eat. I don’t really care about the nickname. After all, I was just a little boy, a little fat boy. Things changed when I grew up to a teenager. I maintained my weight at 66kg (145 lbs) stand at 170cm (5ft 7”). This weight is considered normal and healthy at my height (BMI ~ 23).

After graduating from college, I came to Singapore and managed to get a job in IT (information technology) line in year 2000. I was 69kg (152lbs). Work life is hectic. I hardly have time to do exercise. Day after day, my weight began to increase. I was 78kg (172lbs) in year 2001. Based on the Body Mass Index (BMI) calculation my BMI is 27, I am considered overweight! I gained 9kg within a year! Since then, I dare not to weigh my weight anymore.



Swimming Lessons

No action was taken until year 2002. I am not sure what my weight was during that time. By chance, I saw an advertisement of swimming lessons. I did not know how to swim but I have always wanted to learn to swim. I wrote down the phone number and gave the coach a call to register for the lessons. I started my

swimming lessons a week after registration. It was not as fun as I thought. On the first day of lesson, I learnt how to breathe and float. It was so boring, I thought. But so, what! I want to learn to swim! I put in my 100% to focus on everything coach taught me. I tell myself I must succeed!

After one month of effort and hard work, finally I can swim! Though I swam very slow but it's ok. I enjoy swimming, I like swimming. Swimming became my weekly must-do activity. I swam 3 to 4 times a week. I was so crazy about it. Another month past and my swimming technic had improved. I swam much faster!

It was a raining day, a heavy raining day. It supposed to be my swimming day. I couldn't do anything about it so I decided to housekeep my room. Guess what I found in my drawer? I found a weighing scale. I almost forgot about it. I brought it out and put it on the floor. I couldn't remember when was the last time I weighed my weight. I stared on the scale for about a minute. Then I decided to step on it. I couldn't believe the number shown before my eyes and I almost shout it out. It's 68kg (150lbs)! Yes! 68kg! I lost 10kg (22lbs)! I was so exiting and happy. Since then, I maintained my weight around 67kg to 69kg. I continued my routine weekly exercise, swimming.



Christmas eve in 2003 - 67kg

In year 2004, it was the begin of my nightmare. I moved on to another job to join a larger organisation and the workload is relatively higher. It's like a cycle, I faced the hectic work life again as before. I felt stressed and tired. I began to cut down my exercise frequency. From 3 times a week to 2 times a week. From 2 times a week to once a week. Until ... No more exercise for me. Worse still, my diet habit changed. I ate more than I need. My food serving size increased. I ate what I like. I don't really care and don't really realized that I ate more and more oily and unhealthy food.

Fast Solution

Many years later, I reached the highest record in my life. I stood at 86kg (190lbs)! Unless I am very mistaken, it was year 2012. If I do my calculation correctly it was 8 long years. Yes, 8 long years I abandoned my body, my health and I gained almost 20kg (44lbs)! Easily feeling tire, high blood pressure, high cholesterol, frustration to find the right size for clothes, low confidence ... many more. These are the results of getting the 20kg.



Visiting Taiwan in Mar 2012 – 86kg

One day, a strong feeling hit me while I was playing with my son. He is one year old that year. His smile is so sweet and adorable. I suddenly felt so scared that I can't see his smile anymore. My wife and my ageing parents all came into my

thought. It was like domino effects. I was so scared and I was desperately wanted to find a quick solution. Quick and fast solution!

Very soon, I found a fast solution from a friend. I was introduced to a slimming program of a healthcare product. In fact, it is a less effort with fast result solution. I see an encouraging result one month after enrolled into the slimming program. I lost 4kg in one month, it's fast. The slimming program took me 3 months to complete. In the end of 3-months period, I lost 9kg (20lbs) and my weight dropped to 77kg.



Result of slimming program – 77kg

The result of this slimming program is not merely relied on the healthcare product only but it worked with a [diet plan](#). Without the diet plan, I can't have achieved that result. Thanks to the diet plan, I changed my eating habit. I eat much healthier and my weight continue to drop. Finally, I had my weight at 72kg (159lbs) and maintained for the next 2 years.

You may ask me what do I mean by “maintained for the next 2 years”? Does it mean that my weight bounced again? Bounced for the 2nd time? Unfortunately, it's very sad to tell you that the answer is YES! This time, my weight bounced to 84kg (185lbs) ...



Enjoy happy moment with my son in May 2015 – 84kg

Master Your Mindset

I should have prevented it from happen. I should know what to do to prevent. But it happened again. Why? It's mindset. I wasn't had the right mindset when setting goal to lose weight. Having the right mindset is so important as it will determine and [influence the success or failure of your goal](#). In my case, my mistake was that I wasn't has a clear objective and I just wanted to get a quick result. In short-term I may still get the result I want (I archived my goal to lose weight) but it is not sustainable in long run. That is why my weight bounced back for the 2nd time.

The first time I lost weight because I saw an advertisement and decided to learn swimming. I didn't really set a goal that I want to lose weight. Losing weight is just a bonus to me. I didn't make any commitment to that and the excitement was short. My weight bounced. The second time I lost weight because I wanted to lose weight fast to get back my health, I took the shortcut by enrolling into a slimming program. The goal to lose weight was made by impulse, when the goal achieved and I could stop any time because no commitment was made. You can see that in both cases there was no commitment that hold me accountable for my goal. What's more is that I didn't set a clear objective for my goal that I want to lose weight for life and I want a healthy body for life. I care about my loved one and

therefore I need to and I MUST take good care of my health so that I could give more love to them.

Setting a clear goal objective is important. Don't worry about how you are going to do it and achieve it but the 'Why' is more important than the 'How'. Remember, find out WHAT you want to achieve and WHY you to do that. When you already had that in mind and you will automatically find your HOW to achieve you goal.

The other aspect is accountability. Accountability is so important for you to stay on track and achieve your goal. Different forms of accountability work for different people. Get a workout buddy, make a calendar plan or hire a professional are possible ways to hold yourself accountable. For me, I made a calendar plan. I wrote down the workouts I need to meet my goals on a calendar and post it at my desk so that I will see it every day and make sure to cross off each day as I do the work.



At Legoland Malaysia in Oct 2016 – 74kg

I started off my one year workout plan in Oct 2015. One year later (Oct 2016), my weight was weighted at 74kg (163lbs). The result wasn't impressive, I lost 10kg in one year. In average, I lost less than 1k (about 0.83 kg) each month. However, how much weight I had been lost is no longer my main concern. What's important is

my perseverance in completing the one year plan. I enjoyed exercise. It has been implanted into my life. Exercise should be a happy thing to do and only happy things can keep you going. When you have the [right mindset](#) for the goal you set, succeed or failure is secondary. Throughout the process, you would feel happy and enjoy it. Till today, I am still consistently and persistently carry out my workout plan. Trust me, when you consistently doing something (even it is small thing) and make it a habit and you will do it for life. You will feel uneasy if you don't do it.

I hope my story will inspire you and give you hope. So, are you ready? Next, I will share with you the 11 guidelines that led me to achieve my goals and to have the healthy life that I have now. I will be your guide in setting your goal and achieve your goal.

“Remember, always find out WHAT you want to achieve and WHY you want to do that first. Then the rest will follow and you will find the HOW to achieve what you want.”

1. This Is Why Goal Setting Is Important



Why do we need to set goals to achieve? Try to think about it, what your life would be if you don't have goal? Without goals, there is no direction for you. Without goals, you would have no focus. Without goals, you would have no reason to become involved in anything worthwhile.

You may not notice it, but in fact you have already set goals to achieve in your life. More importantly, controlling the goals we wish to achieve is how we live; how we lose weight; how we find a life partner; how we can enhance our skills; our performance; and how we gain self-confidence.

Goals must be specific and realistic. To become a millionaire in a year is a goal you may not meet. Be specific and set goals that are attainable to your current situation.

There are 5 criteria for setting effective goals:

1. Express goals positively
2. Set precise goals
3. Prioritize the goals
4. Write down the goals

5. Keep the goals small and easy to achieve

You must have a clear understanding of what goals you are trying to achieve, and exhibit the skills and knowledge to achieve them. Achieving goals based on one event does not in any way ensure success in another. You should always equip yourself with require skills to achieve your goal. Always stay updated with latest information and knowledge.

Sometimes you may not be able to handle challenges and reaching your goals alone, especially when you expect to finish bigger tasks on time. You can accomplish more and become responsible over bigger things if you get help. It is ok to ask for help whenever you need to. It is not a sign of weakness.

Everyone has a goal in life and this is how we live our direction. Your goals could be losing weight or winning a marathon race. However, sometimes life gets in the way of the things we are trying to achieve. It may be a momentary set-back, but don't give up the dream, the goal, or the path that will lead you to it. I always believe that when there's a will there's a way.

2. The Right Attitudes to Achieve Your Goals



I used to think that ability and capability are the key factors to success and achieve my goals. Then I learned that attitude was the foundation to success. Right attitude is the basic to keep me going to the end to achieve my goals. If you want to be truly successful in how you achieve your goals, then you need to harbour the right habits and attitudes that will keep you on track. With the right attitudes, more opportunities and good things are bound to happen, if only we allow these. So, what are the right attitudes we shall have? What are the good traits we should to keep in our life? There are numbers of them and here are some of the features that great people had.

Be Industrious

Industrious traits are important for you to motivate yourself and achieve your goals. I always believe that hard work is always pays off. Some of the common traits the industrious people had include working hard, diligence, devoting, efficiency, perseverance and strong working ethic. There is no single famous individual person in history who achieved several goals in life without working it off.

There are few ways you can develop and sharpen your industrious trait.

1. Become more efficient by planning your tasks ahead. Planning is one of the best ways to be more efficient. Make sure you always set some extra time as buffer just in case you are behind schedule and need more time.

2. Make a “to do” list. It is always a good idea to list down the important task you need to do. This might as simple as sending an email response or as serious as missing an important deadline.

3. Develop a specific, realistic and measurable goals. For instance, setting goal to lose weight. It must be specific by targeting how much weight you want to lose. Set a number, E.g. 10kg. Your goal must be realistic as well. If you set the goal to lose 10kg in one month, your goal is unlikely to achieve. Lastly, put a time frame on your goal. Similarly, without a time frame or open date, it is unlikely you would achieve your goal.

4. Visualize your success. Visualization is an effective way to give yourself positive view about your success. I want to make use the weight loss example again. Let's say your current clothe size is XL. You are targeting to lose 10 kg weight in order put on the M size shirt. So, this is your target. From time to time, you can imagine or visualize how good looking you are when you put on the M size shirt. This is useful to motivate you keep moving especially when you feel like giving up. It is also help to remind you that you had put in a lot of effort and hard work into your work and you must not waste it.

Discipline and Consistency

Discipline and consistency are another aspect you need to take note. Discipline is what separates the leaders from the followers. At times, we might be distracted by things or people around us. For example, weight loss (Oops! Sorry, but this is my favourite story example). When you plan to lose weight, discipline is very important and it is the crucial factor to determine your success or failure. Having a good diet plan and control the food you eat is part of the process. However, food temptation is always around you. After all, people around, your friend, your family,

they are not in the weight loss process as you do. They are free to eat foods that they like. At this point, your discipline plays a very important role to suppress your desires against the temptation and distraction. You may use the **visualize technique** I mentioned earlier to motivate yourself.

Being consistent is intertwined with patience, wherein you continue performing well, regardless of the situations and hindrances, to render the results you want in the end. When you consistently doing something good you are cultivating a good habit in you and this good habit will eventually lead you to your goals.

Discipline and consistency are also interrelated, in the sense that discipline breeds consistency. If you continue practicing good habits and sticking to the functions that lead to your main goal, you will find it easier to do over time. You will change as an entire person and experience the opportunities that come with being dedicated.

Resilience

Problems are part and partial of our life. Problems help us think through to get solutions. We need to learn from problems and our past mistakes and convert these into more productive actions for future challenges. Every fall in our life make us stronger and we need to learn to pick up after each fall and put in double effort to become better. Some of the most successful people, as well as those who truly left a mark in history are known to have faced big difficulties and resentment before they let others understand their own way of doing things. It is the resilient person who always prevails and achieves their goals.

Optimism

You need to stay positive about your situation, regardless of the problems that you face. It is vital that you stay optimistic and always believe that you will get to your goal, no matter what. If you tell yourself that you will reach it sooner, chances are you will. It might help to believe in the powers of the Universal Law of Attraction which draws opportunities toward you just the way you intend to, and in the right intensity as you desired.

Patience

Some goals are very big and will take time to accomplish. Do not allow yourself to think that some goals are just too huge to be possible. Be specific and set goals that are attainable to your current situation and start working to achieve these. You can break it down into smaller tasks that are much easier to do within the given timeframe that you have.

3. The Right Way to Set and Achieve Your Goals



In the previous chapter, we discussed about few ways to develop and sharpen your industrious traits. One of them is to **develop a specific, realistic and measurable goals**. In this chapter, I will share with you more on this. People set their goals differently, depending on their current situation, resources, physical capacity and other factors. You can, however, follow some guidelines to make sure that your goals are credible and possible. Most people set their goals too high unknowingly, only to lose and get disappointed for life. For example, a person who seldom do exercise and wanted to train to participate in full marathon run in one month timeframe. This is somehow a not realistic goal with the given timeframe.

Here are some tips for you.

Being Specific

Goals need to be specific, so that you know which part of the process you are currently in and the particular ways on how you will achieve it. Most people have some very generic goals like:

“I want to get promoted in my job.”

“I want to get rich.”

“I want to improve my kid’s relationship life.”

“I want to lose weight.”

But these are very vague and your mind can become confused about what you truly mean. General descriptions usually do not have boundaries, so you always leave room for mistakes and compromise. If you want results that you can be proud of, be specific.

To be specific, you need to include the full details. Write down something like,

"I need to become key supervisor of the sales division by next week."

"I want to get \$1 million by October of this year."

"I want my kids, Taylor and Chad, to become best friends beginning tomorrow."

"I want to lose 10kg by December of this year."

Include the names, the position, the amount, the date and everything else needed to train your mind to start working towards that goal.

Being Measurable

After setting specific goal, you need to make sure your goal is measurable. Goals need to be measurable so that you can gauge how well you have done lately. To help measure your paths and goals, you should include measurable details. For your job, you can include details such as the number of hours you are working, the amount you are earning, the staff you are handling, etc. For the goal of money, you can include details such as the amount you want to have as a whole, the number of companies or businesses you own, your contact persons, etc. Always have things and items to be measured so you can understand how close you are to getting your goals. If your goal is to earn \$80,000 a month, then you know you are halfway there if you are already earning \$40,000 a month.

Being Attainable and Realistic

Only set goals that can possibly be accomplished. Some people set goals that are too high to reach, that they are almost setting up things that are impossible. Make

sure you only set objectives that you can reach within a given amount of time, provided the current resources and capabilities you have. Some examples of impossible goals are doubling your salary overnight, getting a promotion higher than your boss's position, etc. Some goals can be achieved faster compared to others if you have some strengths and paths to back these up. Always include a strategic plan for big objectives. Remember the “full marathon run” example I mentioned earlier? Setting goal to run a full marathon is rather not realistic for people who don't or rarely do exercise. However, for people who do exercise regularly and is physically strong, it might sound possible.

Time-Bound

Now you have a specific, realistic and measurable goal, the last thing to set a deadline or a timeframe for your goal. Set deadlines to achieve your goals or else you will never be going to finish anything. So, please don't set an open date for your goals! Stay specific when setting timelines and schedules. For example, indicate things like “I want to lose 10kg of my weight by 31 December 2017 (indicate exact date and year)”. Setting the exact time and date will spur you to start working on your goals, instead of putting it off for another available time. Some goals can take years to accomplish so it is wiser to break these down into smaller objectives, still complete with deadlines. You can finish everything in a sequence to finally reach the biggest one.

4. Why You Should Break Down Your Goals Down into Measurable Steps



Neil Armstrong was an American astronaut and the first person to walk on the moon in July 1969. As Neil Armstrong disembarked from the space shuttle, he uttered these words, “One small step for man; one giant leap for mankind.” If you remember that historic first walk on the moon’s surface, you will understand why one small step at a time is the basic tenet needed to break your goals down into measurable steps.

Mr. Armstrong didn’t just utter one day, “Well, I think I’ll walk on the moon next week.” It took years of education, practice, knowledge, commitment and focus before he was even able to board a spacecraft, let alone walk on the moon.

Realistic expectations and a positive attitude, combined with small action steps can make your goals more achievable. How? You must first know and understand your goal. Begin with one specific goal, and write it down often. It doesn’t have to be anything major but start with something simple. Use construction paper and hang it up everywhere. This is your first step to focusing on your commitment. Then, break it down into small steps.

Still remember what we learned in the previous chapter? When setting your goal, it must be specific, realistic, measurable and time-bound. For example, let’s say

you want to begin a weight loss and exercise program. Your goal is to lose 20 kg and be able to run 5 km a day. It's January 2017 now and you targeted to accomplish your goal in one year time. So, you indicate a target date of February 2018. First, write it down: 20 kg, 5 km a day and February 2018. Focus daily on these words. Next, break it down into even smaller steps. Follow a specific diet plan and begin running 10 minutes a day. For me, I would make a calendar plan. I will write down my workout plan on the calendar. If you begin to see the results in the first week, your confidence will build and you will become even more motivated to continue.

Keeping your diet and exercise achievement journal could help you monitor your progress and improve along the way. You may not believe it, but when you write about yourself, you tend not to lie about it. You should always read your journal. At times, you consume something you shouldn't but don't worry about it. You are not perfect. Don't give yourself that kind of pressure. Just keep going. You are allowed a mistake every occasionally.

Finally, never give up. Keep going. You have come so far and your confidence is growing. You are so close to your goal. You must stay focused. Reward yourself every now and then. For me, I would have a "FREE" day every week to enjoy foods I like, but remember don't over eat! The key point here is that you should feel happy and enjoy the journey. Don't worry too much about the end results. Exercise should be a happy thing to do and only happy things can keep you going. If Neil Armstrong can walk on the moon, you can accomplish anything you set out to do.

5. Achieve Your Goals Immediately



Some people may think that goals have a definite timeline to accomplish. In part, this is true, but there are certainly ways on how you can hasten the process. You can achieve more great things by focusing on the current job and getting it done, without any compromise. Here are some guidelines from the experts that you can use yourself.

Forming a Team

Things can be accomplished more quickly if you rely on other people and assign tasks accordingly. When forming a team, it is important that you choose individuals whom you can trust and are truly competent in the fields you assign them to. Teams need to be supervised to ensure that you get the results you want. You can also create a hierarchy or create pairs so that one can look out for the other, thereby saving you time when reviewing work.

Forming a team gives you the benefit of practicing your leadership skills. You will find that later on, you also get to finish tasks more quickly alone, since you've already created an effective system that will provide a smoother flow of various jobs. Make sure you also get the appropriate number of people for the job, or else you risk having too many to watch over, wasting precious time in the process.

Finding Shortcuts

Some goals have shortcuts that you can use to reach more quickly. These are not quick fixes, but can help the entire system respond in a more conducive manner, thereby boosting the process. For example, there are no short cuts to permanent weight loss, but you can do some techniques that will hasten the fat loss. Some of the approaches include using HIIT or high intensity interval training, instead of the traditional cardiovascular exercise. HIIT is done only in 20 minutes time, and burns more fat and raises your metabolism higher and for longer periods of time. Your body will respond to the exercise faster. Personally, I had tried TABATA training, it is a HIIT workout. It's effective. I see the result much faster as compare to the cardiovascular exercise. What I like about TABATA is that I can do it anywhere, you can even do it at home.

To know about the shortcuts, always stay updated with changes and developments in technology and professional programs. Stay connected in a network of people related to your goals. Joining forums and online seminars are ideal. You can also talk to experts, so you can compare processes and determine if a certain approach is truly effective.

Extra Hours

Consistency, discipline and dedication always give you faster and better results. If you want to finish things faster, you may have to put in extra hours and work longer than the usual. The more important thing is that you keep stress levels down afterwards by relaxing and giving yourself enough time to rest. This way, you can move on to the next goals to be achieved. Overtime should also be well-planned. You cannot expect to work effectively beyond your usual time if you're still tired the night before or do not have enough equipment to work with.

Prepare and strategize by coming up with small objectives and actions steps to be done in sequence. Having information prior to your overtime can help greatly and save you lots of idle time. You may also ask someone to work with you during overtime to accomplish more. Try to incorporate all the three steps above and see for yourself how much more you can boost the process.

6. Problems to Expect When You Try to Achieve Your Goals



Problems are inevitably in pursuit of your dreams and goals, so you should always expect problems and hindrances to come your way as you try to achieve your goals. Even successful people have experienced problems, demotivated them enough to decide to quit. Below are some hindrances you might expect.

Financial Problems

You might say money is not everything. There are things that money can't buy like friendship and love. However, [money is often the main problem that hinders you from achieving your goals](#). Some goals are very big and will require a lot of financial capital to support. Most people faced the problem to find sufficient financial resource to adequately support their needs for their big goals. Entrepreneur is one of the typical example. They need financial support all the time to fund their business to keep going.

The main idea here is not to learn how important the money is. But to learn how to use your resources wisely and seize the right opportunity. Proper plan is very important too. For example, to start up a business, you should plan and prepare sufficient start-up capital, as well as operational expenses to support the business until it is ready to stand independently. Make sure you plan and review everything before investing.

Personnel Issues

Personnel issues is inevitably problem especially when you are working in a team. Most of the time we expected others to be as cooperative and as capable as we are. However, this is not always true. Some people are selfish and lazy, some are unwilling to work with you. All these traits can hinder your progress and keep you from reaching your goals.

Therefore, it is important to develop your leadership skills, so that you can adequately encourage and motivate all team members to work together to reach certain objectives. Each person has their unique strengths and capabilities. As a leader, you should give them missions and assign them with the function that best suit their own strengths and capabilities. Good communication among the team is another aspect should take notes of. Besides, we should always expand our network to open more opportunities along the way. Talk to other successful individuals and learn from their own experience, mistakes and personal techniques. These people usually are more than willing to share their wisdom with you.

Problems with Nature

The forces of nature are truly inevitable so you always need to have a second or third backup plan ready for these. Some of the things to expect are bad weather, accidents, disease, economic crisis, death, theft, fraud, scandals and change in the system or government. Try to create plans and objectives that are flexible. You can set deadlines for your projects, but make sure that you still have other ways around if the unstoppable occurs.

Natural forces are part of life so you will encounter these as long as you have goals. Even those without goals need to deal with these aspects. The most important thing is that you do not lose steam and stay motivated and fired up to reach your goals, no matter the cost. Find alternatives and other people who can help you

deal and cope during setbacks. Learn from your experience and stay prepared for repeat incidents.

7. Habitual Developments to Achieve Your Goals



People may be successful or fail in their goals alternately, simply because they have not adopted the right habits that ultimately make winners. You can stay successful for life and achieve your goals, regardless of the type and challenges, by having the right mindset and attitude. Start building healthier habits for a well-rounded lifestyle you can be proud of.

Motivation Matters

Motivation is the first step in starting your quest towards your goal, as well as making sure that you stick to it no matter what. The best person who can motivate you for life should be yourself. Always visualize that you are a strong, capable and wilful individual who can achieve anything as long as you put in enough time, work and heart into it.

You can also find a support system that can motivate you should you lose steam alter on. Some of the best persons include your family, your best friend, your spouse and your kids. Having a partner can greatly help so that you can both inspire and push each other, when one is not feeling that good or lacks encouragement.

Progress and Review

Establish schedules to check your progress, using a calendar system. You can also include tools like a handwritten list, a PDA or a day planner. When setting goals, you need to be specific and include the deadlines for each objective and goal. You need to develop the plan over time as you go over and review the items carefully. Some items will have to be revised later on as you'll soon realize. The more important thing is that you stay on track and do not lose courage and motivation.

Progress should be reviewed regularly. You can hire a coach or talk to a professional online to help you analyze things that might be hindering your progress. Check items that seem to be delayed or disturbed then analyze the possible affective factors. It is important to review your desire and passion for your goal every now and then too, so that you can always find the right persons and resources that will get you back on track.

Practice Makes Perfect

It takes time and practice to develop the right habits in becoming successful and achieving your goals every time. Some of the things you need to practice include discipline and patience. Discipline involves giving up some pleasures to get a more permanent result in the end. For example, you have to give up the cake for dessert or eat delicious fast food meals, just so you can enjoy the benefits of having a fit and beautiful body come summer. Set a timeline to develop habits too. You will find that your habits become more consistent through constant practice.

Optimism Pays

Make it a habit to stay optimistic at all times too, so that you can draw positive energy from others around you. That way, you get to find a lot of extra help, support and tips that will ultimately lead to your main goal. Even if you come across some difficulties, make sure you stay positive in everything that you do. Pick yourself up after each fall and determine to become better the next time.

Experience is the best teacher so learn and repeat. Stay positive and get positive results for a lifetime.

8. Bad Traits to Avoid If You Wish to Achieve Your Goals



A lot of people stay unsuccessful or have alternating experiences with success and failure, simply because they do not know that they have many bad traits. Bad traits pertain to habits and personal characteristics that ultimately lead to failure. Some of the things you've been so used to doing for several years may be the main reason why you struggle much.

The Basic Bad Habits

Laziness is one of the negative habits that a loser has. The worse thing is, lazy people usually do not want to get rid of the problem. If you want to achieve your goals, you need to understand the value of hard work and perseverance. Some of the greatest people in the world are known to work way more than those who did not leave a mark. The greats work longer hours, sleep less, eat less, wake up earlier and suffer more than anybody else. It takes sacrifice to reach your goals. The most important thing to know is that everything you have ever wanted is just outside your comfort zone.

Another bad habit that people have dealt with for several years is fear. They fear things and events without even trying. Some people are even afraid of success

subconsciously in a way that they refute any opportunity that can make them great. Some people do not realize that they just do not or cannot handle the bigger responsibilities that achieved goals come with. You should understand that once you reach a certain goal, it can mean that the bar has just been raised for you to accomplish more.

Personal Bad Traits

Selfishness is a bad trait that you need to get rid of to achieve your goals. There are individuals who do not want to get help from others because they do not want to share their expected success. What's sad is that most of them do not actually reach their goals. There is so much joy and celebration for every success that can be shared between several individuals. There is even so much money in the world for everyone to stay rich. Even if you may be better off doing some things yourself, still you cannot do everything.

Pessimism

Pessimism is a trait of losers. Losers always find a reason to lose, even if the situation or opportunity is already presenting itself. In most cases, pessimism is tied up to fear. Seeing things in a negative light will result to bad results too, most of the time. If you start your day negatively, everything else will already seem bad, so you will focus more on the little things that do not matter and let them bother you, instead of keeping your mind on your goals.

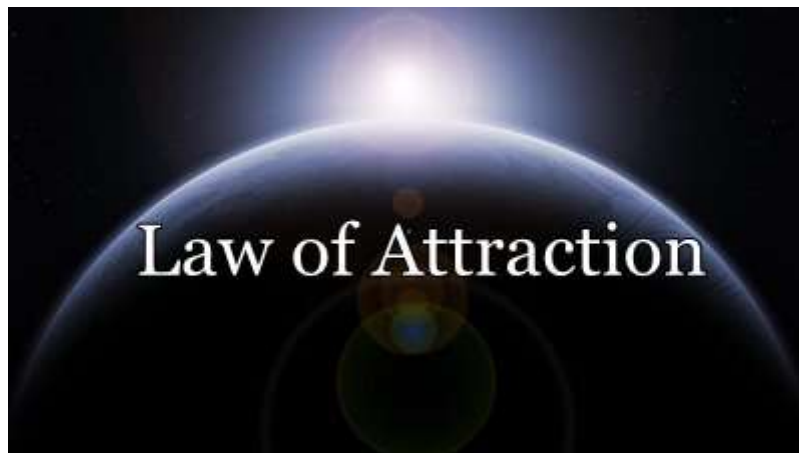
Treating Bad Habits

The first step to treating bad habits to achieve your goals is to look at yourself as a confident, capable and strong individual. You are responsible for whatever happens in your life. Although problems are bound to happen, you know that you always have the ability to stay successful in life as you choose. Minor setbacks are supposed to be a means for you to become better and stronger.

Write a list down indicating all your weaknesses and bad traits. Next, put the opposite trait for each. The opposite traits are now your new characteristics to be

adopted. Start practicing one good trait per week or month, then add another one for consistency. Over time, you will realize that success follows you because of your positive aura.

9. Attract the Universe and Achieve Your Goals



The Universal Law of Attraction can be a very effective tool in making you achieve your goals and practically everything else you want to have in this lifetime. You will realize that desire should always start from within, and the world will just obey your thoughts, actions and ideas. Here are some guidelines on how to get your objectives just the way you want.

Ask the Universe

According to the Universal Law of Attraction, ask the universe and it shall give to you. However, to achieve your goals, you have to truly have an idea about what kind of thing or event you want to happen in your life. There are plenty of items that you can ask from the world. The most common are superficial things such as money, a new car, a new house, etc. More meaningful items include better relationships with your family or wife, happiness in your job and life, etc. All of these can be given to you at the time you want and in the extent you need.

The Way You Ask

The way you ask the universe will also matter. Keep in mind that the universe will immediately hear and respond in the manner you believe in. Your first thought might go, “I want a brand-new Ferrari.” The world will then respond, “Your wish is my command.” However, other thoughts can still enter such as, “But it may still

be when I'm in my 40's." or "But it will happen when I get the promotion." or even "It can't happen." The world will just say yes to everything you inject in your thoughts.

The time, extent, severity and other details of your wish will be determined by your mind alone. If you have any doubt or disbelief about the power of the universe to provide, then it will truly give to you accordingly. Make sure you clean your thoughts thoroughly so that you set your goals straight and allow the universe to perform the best way.

Your Actions

Once you have set your goals and asked from the universe, your mind, thoughts and body will start acting automatically to lead towards the goals and objectives. You will subconsciously accomplish small tasks and open a wide array of opportunities that are meant to direct you to the ultimate mark. Renew your goals each morning as you wake up and your body will just function immediately towards these.

Work both consciously and subconsciously. Remember that it also requires effort and discipline on your part to receive the best things in life. Do not expect everything to just fall into place. If you want to land that promotion, then you should start going to work early, volunteer for projects and show that you are prepared for bigger responsibilities.

Staying Positive

The Universal Law of Attraction helps you achieve your goals, as long as you remain positive. Always believe that the universe is capable of providing immediately. Anything can actually happen, in the time you have set. Always be optimistic in the face of adversity. It is not impossible that you will encounter a few problems along the way, but what's more important is how you relate to the situation in a positive light. Be conscious about what's happening and act to alleviate the effects.

10. You Can Overcome Procrastination With These Easy Steps



Does this sound familiar? You wake up in the morning, have your coffee, read your list of things to do today and then you tell yourself “I am tired today. I’ll do it tomorrow”. Is this procrastination, or a more serious problem? If it occurs more than once then the answer is yes, it is. However, people procrastinate for a variety of reasons such as fear of failing or succeeding, poor organizational skills and sometimes, a lack of self-esteem. Let’s explore these particular areas and offer a few easy tips in overcoming procrastination.

Fear of Failing or Succeeding

If you fall into this category, there are certain tasks you can perform to understand your resistance. Ask yourself what are you most afraid about of the task. Are you worrying about the requirements needed to fulfil the task? Are afraid that you can’t get the expected outcome? Or you afraid of the possible failure? Perhaps it may go even deeper. Maybe you are afraid you will succeed. Sounds weird? Most often, there is a tendency to sabotage a certain project because in succeeding, you are meeting the high expectation others’ have about you and your work. Thus, more pressure is being placed upon you. Therefore, no excuses can suffice in exceeding those expectations.

Fear of rejection can be another reason why you cling to procrastination. This may originate from low self-esteem or a lingering uncertainty within your own mind. It can also be generated from a past rejection which has resurfaced by the task itself. Do not place so much importance on what others think. Affirming confidence in your own abilities is the key to overcoming rejection. You may feel a slight twinge, but will be able to brush it off if you just remember who you are.

“Your time is limited, don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living the result of other people’s thinking. Don’t let the noise of other opinions drown your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.”

~ Steve Jobs

Organizational Skills: Create a Small List

Instead of pressuring yourself by including twenty or more things to do on your list, create small lists of five things to do. Managing your life in this way will make it easier for you to complete the tasks; leaving you with a feeling of accomplishment. Do not allow anyone or anything to overpower you, your life and your achievements.

Lack of Self-Esteem and Motivation

Lack of self-esteem prevents you from completing the easiest task. Why? Either because you do not feel you are worthy of the challenge, or because you feel you are not good enough to complete it. Motivation is a good place to begin. Start with an easy task first, then gradually work your way up to full completion. Your confidence will build and you will feel more positive about what you can accomplish. You will be less likely to avoid the next task at hand.

Lift the Weight off Your Shoulders

Here is an analogy which may help you. Food shopping requires a list, correct? Each time a product is placed in the shopping cart, you cross it off the list. Well, following the same procedure with other tasks in your life will lift the weight off your shoulders, and the burden will disappear. The secret is not to overload your mind with tasks neither you nor anyone else can handle. Take it one step at a time. Remember, no one is testing you; there is no time-clock. There is no pressure.

11. The Power of Positive Thinking - How It Can Improve Your Life



Have you ever met someone who was so positive about life, you wish you felt that way as well? You can. Positive thinking is a powerful tool that you need to your goals. Our minds control all our thought processes and can be the catalyst for living a happy and positive existence or live life with a doom and gloom attitude.

Here are several ways to not only improve your mindset, but your life as well.

- * If you are faced with a negative thought, change it to a positive one. Remember the movie, “Pollyanna?” Her father taught her the “glad game.” She encouraged the town to find things to be glad about. Eventually, they did and were happier than ever before.

- * Surround your life with positive people. Go to events which bring you joy or have special meaning. Invoke positive memories whenever you can.

- * There is a saying, “It’s the simple things in life that make me happy.” Find those simple pleasures, no matter how small or insignificant they may be. They are yours to enjoy.

- * Laughter is the best medicine, especially for a heavy heart. Be around people who make you laugh; it’s quite contagious.

* Love yourself; nurture the inner you; love others, and most of all be kind. Greet the doorman in the morning, or give a hug to someone who needs it most.

* Help someone less fortunate than yourself. Volunteer your time at a nursing home or hospital. When you give, you receive ten-fold.

Remember, what you do affects others. If you are negative, people will shy away from you. However, if you are positive, you will be surrounded by people who wish to be in your company all the time. Congratulate yourself on jobs well done! Positive thinking breeds positive results.

Begin your day in a positive manner. Nothing is worse than getting up in a grumpy mood. It not only sets the tone for the days' events, but impacts your family as well. Place flowers around your home; open the curtains and let the sun shine in. Also, add more light to your home if needed. Light has a direct effect on one's mood.

Changing the way in which you view life can make all the difference. Try not to think about the negative aspects, but focus on the positive blessings in your life. Turn off the bad news, and channel your thoughts in the direction of goodness. It may be cliché, but take time out to smell the roses. Give thanks for all you have and be generous to those who have nothing.

Take a look at the smiles on your children's faces. Nothing in the world can negatively impact the feelings those smiles invoke. Live life to the fullest and enjoy every precious moment of it.

Conclusion

Everyone should have a goal, a dream. Goal and dream are the forces that keep you moving forward. A person without a goal and dream is like a human without soul. If you still don't have a goal, find one today. Remember, don't underestimate yourself, don't held back by your fear and master your mindset to think positive. I hope my guidelines could help you to find your way, to find goals and achieve your goals.

Lastly, thank you so much for reading my book. I hope you use this knowledge wisely and wish the best of luck to you.

I look forward to connecting with you more through my newsletter... Talk to you soon... :)

To Your Success,

Kwah Choon Hiong

KwahChoonHiong.com

Resources

Resources for Law of Attraction



Did you realise there is a hole in the Law of Attraction?

Did you know that people around the world are living the lives of their dreams and that there is a missing ingredient that you need to know about?

Follow this link to discover the missing ingredient and manifest abundance, wealth, health, love and more...

<http://kwahchoonhiong.com/manimir>

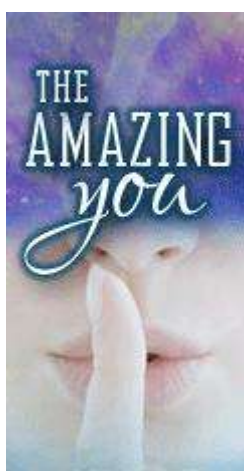


Did you know your brain is actually blocking what you're asking the universe for?

You brain literally has a Manifestation Dial...
And it's either set to resist...
Or receive abundance.

Discover the paradigm shift that will literally empower to become a master manifestor, virtually overnight.

<http://kwahchoonhiong.com/SecretBrainSystem>



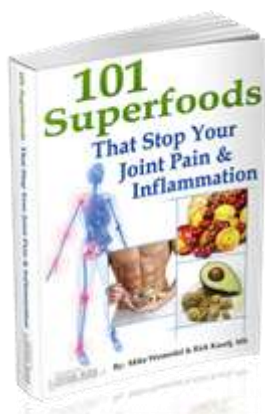
If you've been struggling to get ahead at work, financially -- or practically anywhere in your life (and failed)...

Then you need to see the video that not only reveals not your fault...

But blows the lid off a secret until now jealously guarded by the world's elite "one percent."

<http://kwahchoonhiong.com/AmazingYou>

Resource for Health and Fitness



101 Superfoods That Stop Your Joint Pain & Inflammation

Naturally stop joint pain by eating pain and inflammation fighting superfoods.

Take Control of Your Joint Pain & Most Feared Life Threatening Chronic Diseases... While Boosting Your Vitality, Energy Levels & Mental Clarity so that You Can... Live & Move Freely in as Little as 14-Days.

<http://kwahchoonhiong.com/Superfoods>



Boost Energy, Immune System, Sexual Function, Strength & Athletic Performance

The #1 muscle In Your Body that is the Key to Eliminating Joint & Back Pain, Anxiety and Looking Fat...

<http://kwahchoonhiong.com/PainFix>



Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery.

Description: Escape a Major Blowout & Fix Your Knees in Just Minutes... So You Can Get Back to Your 100% Intensity Pain-Free Workouts...WITHOUT Feeling Bullied Into Time-Wasting Appointments, Expensive Medications or Going Under the Knife

<http://kwahchoonhiong.com/FixMyKneePain>