

Planning
and
Goal Setting

for

Personal Success

By Samuel Blankson

Planning and Goal Setting

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Introduction

Planning and Goal Setting for Personal Success is a book for you:

- Are already successful, and want to improve on your successes.
- Are living a mediocre life, and want to start living a successful life.
- Are happy with most of your life as it is, but would like to improve certain aspects of your character, relationships, or achievements.
- Think your life does not need improving.
- Feel there is something missing in your life.
- Fail regularly at achieving your objectives.
- Have a dream but cannot see how you can make it a reality.
- Want to improve how you plan and set goals.
- Do not know what you want out of life.

If you think that you do not fit within any of the options above, read this book anyway. After reading this book, you will find out more about yourself than you may currently know. You will discover desires and aspirations within you, which may currently be lying dormant, due to lack of a plan for achieving them. You will discover that your capacity to dream and achieve is a state of mind, a mental state in which you can choose to enter or depart from, at will.

Your career or employer may encourage, or force you to

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get into this state of mind, in order to improve business. However, you can also use this state to improve every aspect of your personal life. Through reading this book, you will learn to develop success in all areas of your life, whilst at the same time, developing a balanced life.

True success is attained through a balanced, successful life. Achieving success in only one area of your life, i.e. your career, whilst other areas, i.e. your family life or your health suffer, is not true success. True success in life comes to you when you have balanced your whole life, as well as achieving measurable levels of success in all areas of your life.

You are about to take an exciting journey, a journey of self-discovery, a journey into the un-chartered terrain of your personal success. During this journey, you will make personal discoveries that will surprise and astound you. You will become excited, energised, and motivated to take action, action that will be aligned to definite plans, realistic deadlines, and the achievement of personal and highly desirable rewards.

What is a successful life?

There are many definitions for a successful life. Most of these definitions are centered on religion, family life or your career. However, what really is a successful life? Is a life successful if you achieve success in your career, or in your church, mosque, synagogue or temple? Is a life successful if you are married to the same partner, and raise great kids? Is a life successful if you rise to the top of your field and achieve the highest honor in your field of expertise?

You may say yes to all the above; however, what if you achieve one of the above successes at the expense of other areas of your life? What if you become a company director of a multi billion conglomerate, but your family life is in tatters? Would you still be leading a successful life?

What if you are the worlds leading spiritual leader, but due to your busy schedule, you become a stranger to your family? Would you still be leading a successful life?

You can see from the two examples that success without balance is limited and incomplete. In many cases, success in an unbalanced life will lead to failure. Therefore, you will only achieve true success through a balanced life.

The eight areas of your life

To gain balance in your life, you should first, understand the eight areas of your life, and second understand how they fit together. The eight areas of your life are:

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1. Spiritual
2. Family
3. Relationships
4. Health
5. Charity and Conservation
6. Educational
7. Financial and Career
8. Recreational and Fun

Unless you are succeeding in all these areas, you are not leading a truly successful life. Can you imagine leading a successful life without a spiritual aspect? That would not be true success, would it? Can you imagine leading a successful life without a successful family life? This also is not living a successful life.

Similarly, you cannot lead a successful life without successful relationships, great health, financial success, a healthy sense of fun and rejuvenating recreational activities, a charitable and grateful attitude. Nor can you lead a successful life without a sense of curiosity and hunger to learn and improve your knowledge, wisdom and your environment.

Education is critical to success in all areas of your life. Leading your life in ignorance, without education will restrict how successful you can become in other areas.

Achieving success in a few of these areas may make you temporarily happy, but eventually you will come to realize that something is missing from your life. Life without spirituality, good health, your friends, your family, financial means, fun, and a sense of contribution and gratefulness would be unfulfilling.

Spiritual

This life area is covered first because it is the most important. Your spiritual life is the foundation upon which you should centre all your other life areas. Without a strong spiritual root, your life will decay and wither over time. You will have a hunger that no food, achievement, or success can quench.

Your spirituality need not be religious, it just needs to be a belief you hold about your origin, purpose, and place in the universe. Until you know how the universe came to be from nothing, you can only deduce that it was created by a Superior Force.

Having a conscious understanding of this single fact will humble and inspire you to be grateful for being included in the plans of this Superior Force, whom some call God, Yahweh, Allah, Krishna, Buddha, Mother Nature and many other names all over the world.

Believing in this force will relieve you from many of the pressures that stem from your life getting out of control. In times when you cannot control events or circumstances in your life, knowing that a Superior Entity is out there looking out for you, with a plan in which you have a divine place, will reassure and give you hope.

Because of the importance of your spiritual life, it is essential that you learn to plan and set goals to maintain and improve on it. Reaching higher levels of spirituality by itself will be the crowning of your life's successes.

Family

The members of your family are the only people on this planet with whom you have a natural link. When your relationship with them is strong, you will derive a lot of love, pleasure, affection, protection, and a great sense of belonging from them. It is essential that you seek this closeness in your family relationships.

Throughout difficult times in your life, you can always turn to your close family for love, help, understanding, and encouragement. You will be able to confide intimately with them, and discuss and safely entrust sensitive and private matters, in their hands.

There are three main groups of family members. These are as follows:

1. Your spouse and children.
2. Your parents, grandparents, and siblings.
3. Your relatives and family friends.

You will have a different relationship with each member of your family. Developing closer ties, trust, and love in these relationships, will create a unique support system that will serve and benefit you, all through your life. It is thus imperative that you plan and set goals to achieve a close and a more harmonious relationship with your family members.

Relationships

After family, you have friends, acquaintances, work colleagues, and associates. Often, your friends may be closer to you than your family; however, the majority of friendships are transitory. You may have heard of the term “fair weather friend.”

In most cases, your friends will cross your life path during a specific period in your life. When your situation, interests, or geographical location changes, so will your friendship relationships, and your good friends can eventually become acquaintances.

Because of this transitory nature of most friendships, it is important to enjoy your friendships now. Take them for what they are, and do not try to forcefully hold on to friendships that have passed their sell-by-date. This neediness will lead to other problems and failure in your relationships.

If you are changing and growing in your life in one direction and your friends are similarly changing in other directions, there will come a time when you no longer can have the same intimacy and time together that you may have enjoyed before.

For new friendships to develop, you must have space in your life for them. By holding on to stale, dead, and expired friendships, you withhold the opportunity for new friends to enter into your life. Developing an amiable friendly personality and attitude will draw many friends to you. This requires planning and goal setting to achieve.

Occasionally you will develop a friendship that transcends life situations, geographical locations, and current

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interests. These are the best type of friendships. Cherish these friendships. Nurture them and build on to them with love, affection, understanding, and intimacy. Plan and set goals to improve on these friendships and they will enrich your life, and aid you in succeeding in other areas of your life.

Work colleagues and associates are normally related to a career, work, business, or a shared interest; therefore, when you no longer work in the same place, follow the same interest, or undertake the same activities, you will naturally see and spend less time with the people involved in that world. Again, enjoy these relationships for what they are now.

Developing a corporative, amiable, assertive, confident, and trustworthy personality will help you in your work, career, hobby, and all other activities and situations you find yourself in throughout your life. To do this effectively and efficiently, you will need to plan, set goals, and take action to achieve these goals.

Health

Good health is a gift given to most of us at a price. This price is the cost of maintenance. Many people however, are not willing to pay this price until it is too late. Do not be one of these unfortunate folks. Start today to improve your health through the air you breathe, the liquids you drink, the foods you eat, the exercise you give your body, the rest you give your body and mind, and the environment you place yourself in through your thoughts, speech and deeds.

Improving your health will require you to make changes

in your life. These changes may take you out of your comfort zone. Initially, it may prove to be a difficult transition; however, if you persist at the goal, it will develop into a habit that you will become unwilling to give up. Developing such habits takes planning, and goal setting to achieve.

When you are healthy, you are more productive, and generally happier than if you are unwell and sick. Therefore, plan to extend your life expectancy and enjoyment by forgoing habits that, when sustained for a period, will shorten, damage, or destroy your life. Plan to stay healthy, and set goals to, consistently improve your health.

Charity and Conservation

In life, you can only give what you have; therefore learn to give generously, and you will have abundantly. This simple principle is at the root of charity. Giving anonymously, unselfishly, without any thought of what you will receive in return, is generally the best way.

Charity and conservation need not only be what you give to official organisations in the form of donations. Charity and conservation can also be in the form of your time, advice, thoughts, words, acts or even in just a smile.

Conservation is simply good stewardship of this planet. This wonderful inheritance we have been given must be cared for and not squandered, abused or allowed to degrade into a war torn, ecological wasteland.

Giving and conserving are rewards in themselves. You will receive a spiritual, material, or emotional blessing when you

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learn to give generously. Conservation preserves the planet and allows us to pass on to our children, a home that will sustain them and their heirs. To become a big giver, you will need to make some changes to your thinking and current habits. These changes require some planning and setting of goals to achieve effectively.

Education

A good education can open many doors for you in your business, career, relationships, and mentoring or parenting situations. If you seek a better position in business, having the right credentials is often the key component that allows your resume or CV to be considered above others.

Similarly, your friendship circles will be different if you are better educated. You will associate with other well-educated individuals. These associations will expose you to knowledge, and opportunities that may be out of the reach of less educated persons.

As a parent or mentor, you will impart more to a child or student, raising their expectations, and consequently their level of future success if you are well educated, than if you are poorly educated. Your lack of education will affect your children and their descendants immeasurably. It is therefore vital that you seek to improve and constantly enhance your knowledge and experiences.

Education need not just be academic; it could also be practical and naturally obtained. Undertaking to travel the world, for instance, will greatly expand your mind, your views, and

your expectations. You will never be able to gain this, solely from books and educational institutions. It is therefore important to plan and set goals to improve your general knowledge, as well as your specialised knowledge.

Financial and Career

Having the necessary financial means will always improve your chances of success at most activities. As an example, a friend wanted to learn from the best guru's in India. However, he was unable to afford the airfare and related costs necessary for travelling to India to achieve his dream. Even though his dream was a spiritual one, he required the financial means to attain it.

This is true for almost all goals. Having the financial means can shorten the time taken in achieving most plans; therefore, you must plan to improve your financial situation. Improving your financial situation will directly and indirectly benefit you, and can also benefit many others whom you will pay for goods and services in order to achieve your goals.

Today, families all around the world are benefiting because of Bill Gates. One person's dreams can do much good in this world, therefore plan, set financial goals, and be industrious and proactive in obtaining financial security. This is particularly true if you wish to focus mainly on your spirituality.

Recreational and Fun

You need a time for rest and recreation in order to maintain a healthy mind and body. Without recreation, life is simply all work and no play. As you work on your plans and goals, you will progressively become worn down; drained of energy, spirit, and enthusiasm; and your attitude will slowly begin to wane.

Recreation for your body and mind is like recharging a battery. It is the recharging of your spirit. Recreation is the rejuvenating of your mind and body, through rest, or from the pursuit of different goals, or from following a different routine (or no routine at all), for a set period.

The effectiveness at recharging your spirit and the level of enjoyment you receive from your recreational periods will be due to how well you plan and set goals for taking recreational breaks. As an example, if you plan a trip to the beach in a foreign country and do not prepare your passport, visa, and travel insurance documents correctly, you may end up having a stressful and unsuccessful trip.

Similarly, if you forget to pack clothes for this trip, book a hotel room, collect the foreign currency you will need, purchase the sun protection lotions, or pre arrange the means for getting from the airport to your hotel by the beach, you may end up wasting vital recreational time sorting out these details later.