

## Wanny Huynh

### 10 Steps to achieve any goals

1). Finding that burning desire. What are you passionate about? What make you happy? What is it that you find fulfilling when you find it that your passion. One of my goal was to get back in shape. My burning desire was that I wanted to lean down my body fat and buff up. After ten years away from the gym I know that it was a challenge to get back in to the gym. I was passionate about it, I was going to do what it take to drop my body fat and have that beach body within a year.

2). Find your why. Why do you want to do what you set out to do?

For you to take action you need to definite your why. Once you find a strong enough why than there nothing that can stand in your way of achieving your goal. My why for wanting to go back to the gym was because I want a healthier life. The last ten years I was eating and drinking anything that was in my way. Inside I wasn't feeling healthy. My big why was so that I can enjoy a healthier lifestyle I want to be around my family and friends and enjoy all the day to day activity. I want to travel and share my message with a lot of people for me to do that I need to be physically fit which give me more energy.

3). Identify a road map to get to your dream. Write down a plan to achieve your goal. My plan to get to my dream I know that I can't do it alone. I need help. I begin to write down my goal to achieving great healthy body. First I need to sign up for a gym membership, second I need to have a personal trainer. Third I need to commit three to four day a week going to the gym.

4.) Create a smart goal.

What is a smart goal? Smart goal stand for: Specific, Measurable, Attainable, Relevant and Track able. Let go over them one at a time. Specific: Have you define a precise target or outcome. Is the goal clearly define. Measurable: Will the evidence of goal achievement allow for evaluation of its quality?

Attainable: Your goal should not be too grand or too small, but they should be challenging. Key questions to ask yourself: do you have the knowledge and skills needed to achieve your goal. Do you need outside support? Do you have the sufficient resources and time give everything you need to do? Relevant: The goal need to describe what needs to be done. There should be a clear tie to the business strategy, goals and objectives. Track able: Date which success will be achieved. Example, I will weight 165 lbs by Aug 8, 2014.

5.)Find a mentor. That is someone who is already doing what you are doing.

For me to achieve my dream, I know that I needed a personal trainer. Someone who already done it and can show me how to go from where I am to where I wanted to be. Also so that I can hold myself accountable. I know that if I have appointment with my trainer I have to get out of bed early in the morning.

6.)Review your goal each day before you retire to bed and in the morning before you begin your day.

I see how am I doing for the day, did I follow a correct diet? How was my workout? Did I give it my best or did I just show up?

7.)Share your goal with other, hold you accountable.

When I first meet with my personal trainer, the first thing he ask me was a picture of what I want to look like. Our next meeting I brought in a picture of a sexy body of what I want to look like.

8.)Visualize yourself as already achieving your goal.

You can do that many different way, what I did was cut a picture of my head and put it on the body of the person I wanted to look like.

9.)Do two things each day that will help move you closer to your goal.

You don't have to take a big step, take small step each days to help you move toward your goal. It's those small steps that will lean you to great result.

When I first started out, I couldn't last two minutes running on the treadmill. I begin to set a small goal for myself. First I set a goal to stay on the treadmill for five full minutes. After I achieve that next week I add five more minutes on to it. I went from five minute to ten minutes of running none stop on the treadmill. I than increase it to fifteen minute, I accomplish that, than I set a goal for twenty minutes. And I accomplish that. Take baby step. Nothing great can accomplish over night, but if you give it time, great thing will happen if you put little effort into it each and every day.

10.)Stay focus on your goal.

It hard to stay focus when you have many thing thrown at you. Maybe you see that someone else who achieve better result than you are. Maybe you receive a new job offer and it taking you away from your goal. Whatever that maybe you need to stay focus on your goal which help you to stay on course.