Exercise 15 – Starting A Positive Circle of Achievement

In this exercise, we will start the process of creating a Positive Circle of Achievement.

Step 1

Consider your end objective. Use the SMART GOAL tool to make it a goal.

Is it Specific, Measurable, Attainable, Relevant and Timed?

For example, should your goal be to lose 14 pounds in weight, you'd have several interim goals that you'd need to achieve in order to hit the end objective.

Your first step might be to choose or create a diet plan, the next to join a slimming club, the next to start exercising, the next to lose 2 pounds in the first week, the next to lose another two pounds, and so on.

The steps might look something like this:

Main Goal: Lose 14 pounds in weight within 6 weeks.

Steps required to achieve this goal

WEEK   DETAIL
1. Join the local slimming club or an online slimming solution
   Buy a month's membership at the local swimming pool
   Go for 3 x 20-minute swims
   Attend the first week's slimming club session.
   Lose 2 pounds
2. Go for 3 x 25-minute swims
   Attend the second week's slimming club session
   Lose 2 more pounds
3. Go for 3 x 30-minute swims
   Attend the third week's slimming club session
   Lose 2 more pounds
4. Go for 4 x 30-minute swims
   Attend the fourth week's slimming club session
    Lose 3 pounds
5. Go for 4 x 35-minute swims
   Attend the fifth week's slimming club session
   Lose 3 pounds
6. Go for 4 x 40-minute sessions
   Attend the sixth week's slimming club session
   Lose 2 pounds

Each step needs to be achieved in order to achieve the main goal.

If each step is itself made into a goal, you'll have benefited from hitting your 20 micro-goals along the way towards the larger goal. Breaking goals down into smaller goals is also known as 'chunking'.

Visually you could create a chart of these micro goals. As each goal is achieved, you'd simply cross through it or highlight it to show that it's been achieved.

Join the local slimming club	Buy a month's membership at the local swimming pool	Go for 3 x 20-minute swims in the first week	Attend the first week's slimming club session
Lose 2 pounds	Go for 3 x 25-minute swims in the second week	Attend the second week's slimming club session	Lose 2 more pounds
Go for 3 x 30-minute swims in the third week	Attend the third week's slimming club session	Lose 2 more pounds	Go for 4 x 30-minute swims in the fourth week
Attend the fourth week's slimming club session	Lose 3 pounds	Go for 4 x 35-minute swims in the fifth week	Attend the fifth week's slimming club session
Lose 3 pounds	Go for 4 x 40-minute sessions in the sixth week	Attend the sixth week's slimming club session	Lose 2 pounds

14-pound weight loss goal achieved!

There are two major benefits to using this system.

First, there's the fact that you're massively increasing the chance of your success for the major goal by setting these micro goals. How easy is it to join the local slimming club as a goal on its own? How easy is it to buy a month's membership at the pool? Those two micro goals are ten percent of the total goal. Going to the pool just three times is much easier than saying I must go twenty-one times, isn't it?

Chunking goals into micro goals makes the whole journey seem much, much easier.

The other major benefit is that achieving the twenty micro goals on your way to achieving the major goal will have started your positive circle of achievement.

This is the Reinforcement Theory at work.

Using this example will help you to hit more targets, be more successful and get what you want out of life much faster and with less apparent effort.

If that's not motivational, I really don't know what is!

Take a few minutes and create some S M A R T goals.

Get yourself a notebook. Call it your Positive Circle of Achievement.

Write an individual goal on each page, using the SMART acronym.

Build your Positive Circle of Achievement by chunking the goal into smaller steps and create a chart for yourself.

Work through the chart and achieve the goal.

You can work on many different goals at once, use the notebook to keep track of what you're doing and keep referring to it to keep the goals at the forefront of your attention.

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As you achieve these goals, keep setting more. It's a very positive process and helps you achieve more than you would without goals.