

How Successful People Achieve their Goals

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5 Things Successful People Do Differently



Have you ever thought about why you've been able to achieve some goals and not others?

It's not just because you're predisposed to certain talents. It's also about **what you DO** to try to achieve those goals.

To put all of this into perspective, here are five things that successful, goal-achieving people do differently.

1. They are specific.

When you set yourself a goal, try to be as specific as possible.

"I'll be at the office by 8:30am" leaves no room for doubt about what you need to do, and whether or not you've actually done it.

2. They seize the moment.

Successful people regularly seize an opportunity to act on a goal.

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Did you really have to hit the snooze button on your alarm clock? Achieving your goal - like getting to the office by 8:30am - means grabbing hold of an opportunity before it slips through your fingers.

3. They know exactly how far they have to go.

Achieving a goal requires honest and regular monitoring of your progress. If you don't know how well you are doing, you can't adjust your behavior or your strategies accordingly. Check your progress frequently — weekly, or even daily, depending on the goal.

4. They focus on getting better, rather than being good.

Believing you have the ability to reach your goals is important, but so is believing you can *get* the ability. Many of us believe that our intelligence, our personality, and our physical aptitudes are fixed — that no matter what we do, we won't improve. As a result, we focus on goals that are all about proving ourselves, rather than developing and acquiring new skills.

Embracing the fact that you can change will allow you to make better choices, and reach your fullest potential.

5. They have willpower.

To build willpower, take on a challenge that requires you to do something you'd honestly rather not do. Give up high-fat snacks, do 100 sit-ups a day, stand up straight when you catch yourself slouching, try to learn a new skill. When you find yourself wanting to give in, give up, or just not bother — don't. Start with just one activity, and make a plan for how you will deal with troubles when they occur. It will be hard in the beginning, but it will get easier, and that's the whole point. As your strength grows, you can take on more challenges and step-up your self-control workout.

When it comes to understanding why you succeed or fail at something, these points are just the tip of the iceberg. Heidi Grant Halvorson, Ph.D. a motivational psychologist, offers even more insightful tips in her article, [*Nine Things Successful People Do Differently*](#).

Give it a read and start setting and **ACHIEVING** your goals.

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