

The Top 10 Ways Individuals Evidence Commitment to Goals

1. *Committed individuals go beyond seeing possibility:*

Individuals who have a high level of commitment can clearly articulate the opportunities which are available to them. They understand that seeing only possibility is reflective of pipe dreaming; seeing opportunity brings dreams into the realm of reality.

2. *Committed individuals have and communicate strongly held beliefs that they can succeed:*

These beliefs are internally, not externally driven and are stronger than the critical views of others. Committed individuals are undaunted by others' judgments.

3. *Committed individuals set goals—big goals:*

The goals they set take them much further emotionally than would mere wishes or hoped-for outcomes. Words such as if, maybe, should or could are absent from their vocabulary.

4. *Committed individuals invest fully in their goals:*

They invest time, money, emotion and other resources, the quantity and quality of which are substantial. In other words, their goals are important enough to re-orient their lives around.

5. *Committed individuals do and are their best:*

They do and are their best without reservation or suffering. They are focused and attend closely to the results they obtain. Mistakes or non-successes are viewed as momentary setbacks or the basis of new opportunities.

6. *Committed individuals are able to handle the value added as well as the limitations of their choices:*

They enjoy the focus, energy and momentum and do not suffer about having given up other projects or activities in order to pursue their goals. Their perspective about what is important, and thus worth wanting, shifts. They extend boundaries which preclude those who are critical about their goals from disrupting them.

7. *They form deep relationships with their projects or endeavors:*

Their relationships result in a discernable shift in their way of being, thinking and feeling, not just in the way they do things.

8. *Their self awareness is enhanced:*

Committed individuals have heightened awareness of the impact of their actions, thoughts and feelings and of the shifts and changes they have made.

9. *Committed individuals' awareness of their surroundings is enhanced:*

They are highly sensitized to all kinds of information in their environment which relates to their goals, and they use that information to draw distinctions, sharpen their focus and evaluate their results.

10. *Committed individuals are passionate about their goals:*

They radiate their passion, and others are intrigued by or attracted to it. Committed individuals' passion inspires and energizes others.

Provided by:  Success Coach™

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Top 10 Ways to Make Sure Your Actions Produce More Results.

- 1. Start with the end in mind.**

Develop a clear picture of what you want to accomplish. State the end results in one sentence that even a child can imagine, understand and remember. Consider the power of President Kennedy's goal "to send a man to the man and bring him safely back home within this decade". Thousands of people did very detailed work and spent billions of dollars based on this simply stated goal.
- 2. Develop a written plan.**

Get it on paper (or on the computer). Make the plan as specific as possible, in terms of what will be done and by when.
- 3. Enlist support of others.**

Let them know what you are doing, and how they and others will benefit from the results you want to produce. Invite them to lend their support however they can.
- 4. Set up milestones and reporting systems.**

Break the job down into segments, and set target dates for completing each segment. Develop a reporting system on paper or via a good software program. Send regular reports to people who are working on your team, or who have an interest in your project.
- 5. Have a support system.**

Set up the supports you need in your work and in your personal life. Have one or more advisors you meet with regularly to report progress, and get advice and encouragement. Your personal coach can be one of these key people.
- 6. Monitor progress and make adjustments.**

Realize that even the best plans need to be adjusted in the heat of battle. Make adjustments quickly and respond to new opportunities or short cuts along the way that help you reach your destination faster. If you find it difficult to get around or through certain roadblocks, get help and advice promptly.
- 7. Form mutually beneficial alliances with others.**

Find other people or groups who are natural allies and team up with them. You can help each other reach your objectives more easily and effectively.
- 8. Work your plan regularly and continuously.**

Maintain a highly focused activity level yourself, and get help when you need it. Don't try to do everything yourself. Delegate as much as you can, and follow up with those to whom you delegate work.
- 9. Keep your allies on your side and your enemies at bay.**

Inform your allies about progress you are making and problems you are having. Thank them for their help. Protect yourself from important enemies by setting up and maintaining boundaries between yourself and your enemies. Recognize that enemies can be within you as well as about you. When you find that you are doing things that impede your own progress, replace that activity or habit with a better one. Ask your advisors what you personally can do better. Then put the corrections in place.
- 10. Celebrate progress along the way and at the completion of your work.**

Share the glory. Recognize and thank the people who have helped you produce results.

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