

SEVEN STRATEGIES FOR

# GOAL SUCCESS



NO.1

**Don't Do Too  
Much, Too Soon.**

***“Gradual  
improvements  
build confidence.”***

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We have to be able to take one step at a time. Whether it's getting back in shape, improving our finances, our prayer, and other goals. Most have a tendency to jump right off the couch into a 5k, instead of starting by just going for a walk. Start out with a gradual process. Incremental improvements are powerful over time. Any type of improvement now, will be better than

what was done yesterday. So, instead of throwing out all the junk food, reduce the amount you've been eating. Instead of trying to go to the gym seven days a week, try three days. Don't try saving a million dollars by the years end, start saving 50 dollars a week. Using gradual improvements will help you feel more confident, and over time help you achieve your goals.

NO.2

# Create Systems to Support Your Goals.

**“Systems are  
the pathways to  
goals.”**

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Author and habits expert, James Clear, talks about the importance of systems in relation to goals in his new book, *Atomic Habits*. James uses the coaching perspective to illustrate that a coach builds systems that lead them towards their goals. Some of these systems would be the coaching staff, the right players, trades, recruiting, and staying

healthy. By doing these things, the possibility of reaching the goal is more tangible because systems are supporting the desired goal. We must develop the proper systems in our lives to help achieve our goals. If the goal is the destination then the system would be the pathway to get there.

NO.3

**Fear** Not.

**“You can’t afford  
to wait to be  
perfect.”**

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Far too often, when setting goals, we’re first filled with hope, aspiration, and encouragement. Then, when the moment comes to act, we’re stunned with the fear of failure. Ecclesiastes 11:4 says “ Farmers who wait to for perfect weather never plant. If they watch every cloud, they never

harvest.” We can’t wait for the perfect setting or be afraid of what people may say if we fail. Failure is not the end, it just feels like it. Consider this “From failure you learn, from success, not so much” - *Pixar’s Meet The Robinsons*. Start somewhere and just keep going.

NO.4

**Be More**  
Flexible.

***“There are multiple ways for us to achieve a goal.”***

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We tend to think that the only way to achieve a goal is the one we set. Not true. There are multiple ways for us to achieve a goal, we just have to be willing and able to explore those different paths. Sometimes we can be so accustomed to going a certain direction that we don't know another

way or unwilling to explore something different. We must be open and stay open. Openness creates the capacity for God will speak to us about new ways to try.

NO. 5

# Make Realistic Expectations.

# ***“Peace follows realistic expectations.”***

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Often times the goals we set are not realistic. We've all been there, we start a new diet on Monday and on Wednesday if we don't see the 20 lbs. we expected to loose off the scale, we're sad and it's back to square one. We're not often disappointed in what we expected to see, we're often disappointed in what we didn't expect to see. We have to set

realistic goals and expectations. Maybe your goal is having all of a particular credit card paid off this year.

Maybe a more realistic goal is paying half or a third of that debt. When we set realistic expectations, we feel more at peace, and confident as we pursue our goal.

NO.6

**Be Who You**  
Were Made to  
Be.

# ***“Find the path to victory that works for you.”***

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“Well, this person did this and that, so I have to do it the same way.” We have to find the best way for us to win. Just because something worked for that person doesn’t mean it will work for you. In the Bible, David, before he was king, had to prepare his fight with Goliath. King Saul gave him his armor to wear, but it was too heavy. David proceeded

to go to the river and removed five stones. He defeated Goliath with those five stings and his slingshot. David shed the armor because it simply didn’t fit him. How many times have we accepted someone else’s armor, and tried to fight our battles knowing it doesn’t fit? We have to be who we were called to be, with what we have, where we are.

NO.7

**Have Patience**  
**in the Process.**

# Patience is Not Simply Waiting.

## ***“Patience is not simply waiting.”***

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Ecclesiastes 11:6 says “Plant your seed in the morning and keep busy all afternoon, for you don’t know if profit will come from one activity or another—or maybe both.” Patience is not simply waiting, it’s waiting while doing something. We have to be willing to accept that everything will take time and may not happen in the timeframe

we think. But we are encouraged to keep going while waiting patiently like a farmer waiting for a harvest. A farmer doesn’t sit and watch corn grow. The farmer has other responsibilities to perform while the corn grows. They are busy attending to other things. We must do the same. Patience is part of the process.



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