**Achieve Results Never Dreamt of With these Goal-Setting Tips**

Some individuals are just born losers, which mean that these people are bound to fail more than others. If you think that you belong in that category, then you a change of pace to start enjoying life more fully. There are some approaches that have been tried and proven by the experts and pros. You might find that you're not such a big loser after all.

**Understanding Yourself**

Take a pen and paper and give yourself a brief evaluation. Write down the things that you believe are your strengths and weaknesses. It is very likely that you have more items in your weakness list compared to the ones in your strengths list if you are a born loser. Next, try to write down the reasons why you have the strength or weakness. For example, if you listed down "Patient" in your strength list, put some more specific details such as "I am willing to wait several months to save for a new mp3 player" or if you wrote down "Lazy" in your weakness list, you can correlate by stating "I do not like to wake up until after 10 in the morning."

Knowing the specifics of your strengths and weaknesses can help you become more adept in improving the hindrances. It is vital that you know and understand how you can use your strengths as foundation, as well as turn your weaknesses into strengths gradually. You can aim to change one to three weaknesses at a time.

**Changing Your Weaknesses**

You need to give yourself time to improve on your weaknesses. Be specific in your action plan by creating steps toward your goal. For example, if you are "weakened" by "Lack of focus", you can start enhancing in that area by doing activities like "Reading more books about the matter for at least 30 minutes a day" or "Listening to a person talk for at least 1 minute before losing focus." Improve in the activities regularly by increasing the time frame and adding more challenges.

**Learning from Winners**

It is recommended that you stick with individuals who are successful and born winners. This way, you can adapt their habits and personality that will, in time, lead to nonstop success. Winners and leaders have great traits that you can follow, such as perseverance, critical thinking, stability under pressure, competence and the aspiration to never give up. Adopt these qualities as your own and use the individuals as your role models.

Read about people who have successfully made it in their chosen fields of interest. One of the reasons why you may fail constantly is because you are choosing the aspects where you are worst at. Try to ask yourself the things that you truly care about or even study and review without anyone needing to tell you to. These are the features that you are most likely talented in.

**Remembering Success**

Should you encounter success or achieve your goals, use these as motivational tools to remind you that you are always capable of gaining bigger benefits from larger tasks. Look back on your previous accomplishments and use these finished objectives to lead to your ultimate goal. It is also wise to expect failure once in a while, but you should use this as a way to learn. Failure should always be an opportunity for you to do better the next time.