

SLAY Your GOALS

5 SIMPLE TIPS FOR ACHIEVING
YOUR LIFE GOALS



LINAL HARRIS

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5 Simple Tips For Achieving Your Life Goals

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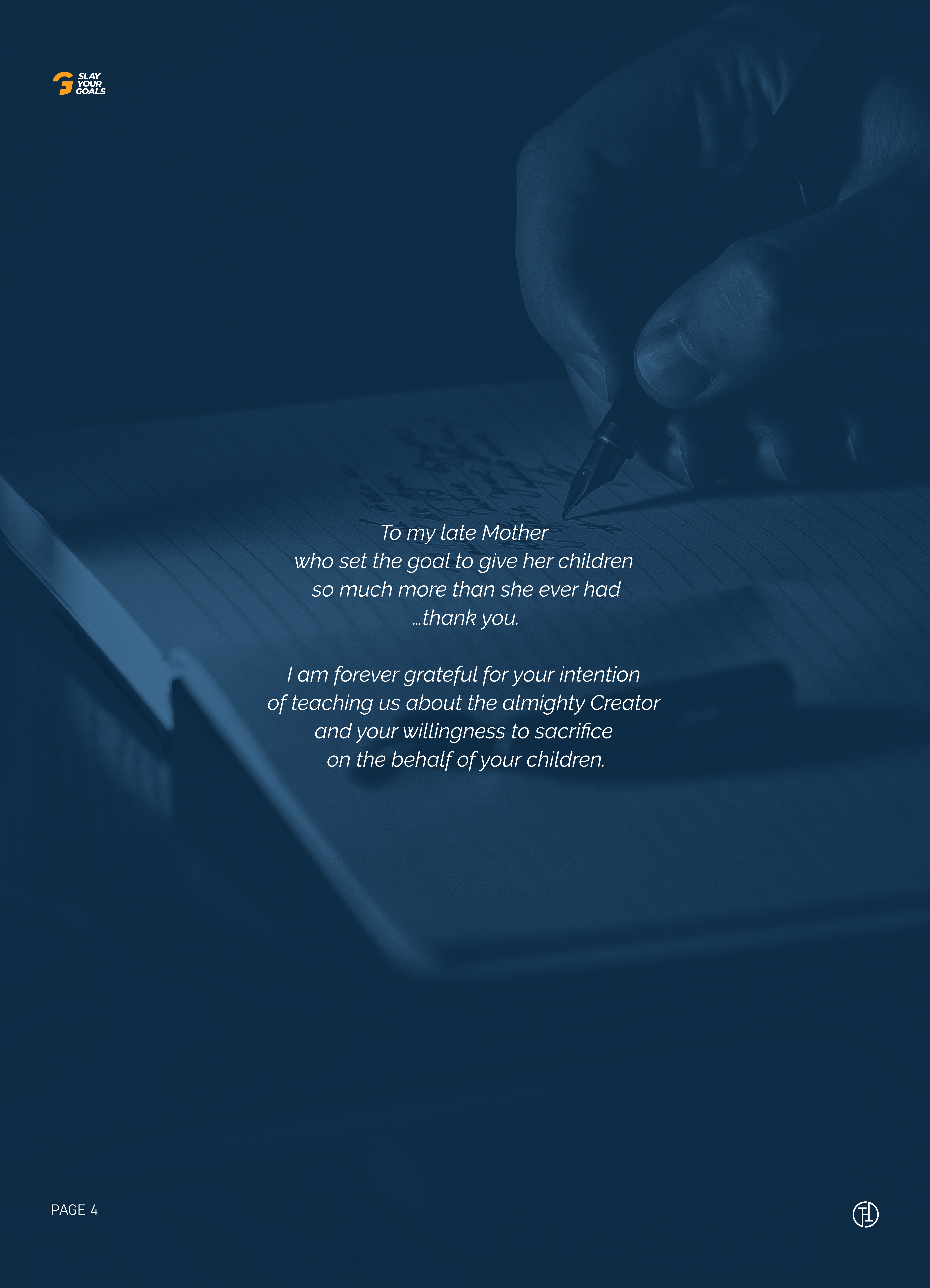


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*To my late Mother
who set the goal to give her children
so much more than she ever had
...thank you.*

*I am forever grateful for your intention
of teaching us about the almighty Creator
and your willingness to sacrifice
on the behalf of your children.*

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INTRO

Before we get into the secrets of slaying your goals, I want to break up your belief that new goals should only be created to kick off a New Year!

That's nonsense!

Goals should be established whenever you're inspired to grow, and have the motivation to follow through and commit.

I believe this because goal-setting throughout my life, using the tips shared in this book, has completely changed my life!

My father grew up in the Cabrini Green housing projects of Chicago. As an adolescent he was hit by a car, pinned underneath and suffered a terrible head injury.

He fell behind in school due to the accident, and consequently was considered a slow learner.

He became more, despite the odds, because he was inspired to be more, set clear, personal goals and took action.

My mother grew up on the south-side of Chicago. When she learned that one of the top high schools in the city would be accepting female students, she applied for admission.

That school happened to be Lane Technical College Prep High School (Lane Tech), on the north-side of Chicago. Every school day, for four years, she commuted via public transportation, from the south-side to the north-side, to attend this school. As a result, my mom was a member of the first female class to attend Lane Tech all four years of high school and graduate in 1975.

She became more, despite the odds, because she was inspired to be more, set clear, personal goals and took action.

As a child, my parents shared their stories of struggle and triumph. Listening to these stories convinced me of two things.

1. I can do anything, despite the odds, if I'm willing to set a goal and vigorously pursue that goal with every fiber of my being.

2. You can do anything, despite the odds, if you are willing to set a goal and vigorously pursue that goal with every fiber of your being.

Today, my life's story is a model of this truth. A few years back, I was told by a friend, that I'm an anomaly.

Here's a few reasons why:

- I'm a black male, born in Chicago.
- As a child, I needed speech therapy to learn to speak.
- I struggled to communicate my thoughts orally, when under pressure, well into my twenties.
- I got kicked out of college due to poor grades, and never graduated with my bachelor's degree.

There's more, **but this book is about setting and attaining your goals, not my life story.**



Yet, despite these odds, I've achieved the following:

- I've lived, worked and/or traveled to over 40 countries and 260 cities around the globe.
- I am a globally recognized, professional speaker and radio host.
- I started in an entry level position, in corporate America, and climbed to the level of vice president and officer at a Fortune 500 company.
- I am a global entrepreneur, and certified ontological coach, with thriving global businesses that align with my life's purpose.
- My wife and I are financially stable, secure and happy.

...and yes, there's more, but again...you get the point.

I share this because I firmly believe that anyone who is considered capable and average, is capable of more than average...if they are willing to set and achieve their goals.

It's important that you know, I can't take all the credit for my achievements.

There are so many other people, besides my parents, who believed in me and pushed me to be my best.

Yet, the one differentiator, that made me a so-called anomaly, has been my ability to set goals and then take action to ACHIEVE them.

Today, I assist clients, all over the world with doing the exact same thing.

I help my clients set huge, scary goals and then provide the coaching support necessary to help them slay their goals!

Goal-setting is one of my superpowers.

...and this book is my way of passing those superpowers on to you!

My life is a great example of how these superpowers can change your future.

However, there is one important caveat.

You have to learn how to use these superpowers, to slay your goals and change your future!

The future is a place we create with the action or inaction we take today.

If you are unsatisfied with your current condition, a change in behavior is necessary to create a future that does not perpetuate more of your present circumstance.

What happens next in your life depends a great deal on what YOU really want to happen next.

Why put off something that can change tomorrow's tomorrow in a positive way, if you started today?

Take my challenge!
Start today!
Read this book today!
Finish this book today!

Then ask yourself...

What else can I start today, that will create a future I can eagerly anticipate tomorrow?

Throughout this book if you see a sentence or quote that moves you...share it with me via social media @linalharris and use the hashtag below:

#SlayYourGoals

CHAPTER ONE

Resolutions Don't Work

The New Year Resolution Reality

“

Good resolutions are simply checks that men draw on a bank where they have no account.

— Oscar Wilde

Think about the word NEW for a moment...

We like NEW.

New is fresh. New is untouched. New is modern. New is just new...

New is defined as: Not existing before; made, introduced, or discovered recently or now for the first time.

For example:

- A new romantic relationship. She likes him and he likes her ...ahhhh...the possibility.
- A new home. What drapes will I choose? What color should I paint the walls? Do I need NEW appliances?
- A new car with no mileage. Where should I go? Should I drive across the country?



Newness has a way of exponentially increasing our creativity & possibilities!

That's why we celebrate new.

Yet, even with the excitement of new, many of us still fail to adequately plan and create a vision for our new lives.

For those who do create a plan with a vision, many of us still fail to fully execute on our plan.

This is largely because humans don't like change, and we definitely don't like uncertainty.

As a result, there is an enemy within each of us, that will do whatever it can to prevent change; even if that change represents progress.

Here's a little proof...

According to the University of Scranton, only 8% of people are successful in achieving their new year resolutions.

However, they do notate that people who explicitly make resolutions are ten times more likely to attain their goals, than people who don't explicitly make resolutions.

Makes perfect sense, right?

Of course people with explicit resolutions would outperform those who don't have explicit resolutions.

Nonetheless, 1 out of 10 people successfully achieving their resolutions, is still a bit demoralizing, so forget those numbers.

The folks who participated in this research didn't read this book.

If you implement the tips I share in this book, you will hit every resolution you set, moving forward!

What is a resolution really?

The word resolution has a number of definitions and the definitions that align with the concept of new year resolutions are as follows:

- an intention made
- course of action, method, procedure, etc

The definition itself explains why most of our resolutions don't work.

We definitely have the intention. Otherwise the resolution wouldn't exist.

What's missing is a plan that plots out a course of action and defines the method and/or procedure we will use to take action in honor of the intentions we have.

This is one of the major components to setting successful goals, but there are a few more critical components missing!

In the next six chapters of this book I will share these missing components along with strategies that will assist you in seeing your resolutions through and achieving any goals you set!

*Want to learn more about creating a plan?
Visit my YouTube channel @linalharris and
check out the "How To Create A Plan" episode.*

CHAPTER TWO

Clearly Defining Success

Tip #1



Goals are like magnets.
They'll attract the things
that make them come true.

— Tony Robbins

Most of us work a 9-5, or some iteration of that, everyday.

At our jobs, either we set our own goals, or a leader sets the annual goals.

Either way, we typically receive some type of indicator for what success will look like for the year.

When it comes to creating personal goals, that are based on our own dreams and aspirations, we often skip the vital step of creating a clear measure for success.

We do this, because most of us never create personal goals.

We create resolutions.

The actual goal is missing in most resolutions, because resolutions are not goals.

As stated in Chapter 1; resolutions are intentions, or a course of action.

...but where is that intention or action really taking you?



"Here is my projection for the next quarter."

Here are two examples of popular resolutions to illustrate what I mean:

1. I resolve to lose weight next year...

- **What's missing is:** How much weight will you lose?
- **What's missing is:** How will losing that weight make you feel?
- **What's missing is:** What will you look like once you lose this weight?
- **What's missing is:** Why does losing weight matter to you?

2. I resolve to read more next year...

- **What's missing is:** How much reading will you do?
- **What's missing is:** How many books will you read?
- **What's missing is:** What will reading more shift in your life?
- **What's missing is:** Why does reading more matter to you?

Without a clear vision of success, the end game is unclear.

This is the number one reason most resolutions and goals do not work.

A real goal is nothing more than a very clear target.

Soccer has a goal.
Basketball has a goal.
Marathons have a goal.

Goals are clear targets that allow us to focus our energy.

Clear targets can also be missed. This denotes failure. The human psychological response to failure typically equates to loss.

We don't like loss!

To avoid loss...

We avoid setting clear and tangible goals.

Which means...we avoid the feeling of loss while still losing. We're still losing because simple resolutions and incomplete goals don't take us to a specific, measurable place, that clearly articulates why we are pursuing change.

This is why so many of us feel stuck.

We may tell ourselves that we're okay, but deep inside we know we aren't living to our full potential.

Our lives have become mediocre.

Clarify Your Personal Goals

We are forced to set professional goals in the workplace. Whether we like those goals does not matter. We work sun up to sun down to meet the expectations of those goals because we associate that success with a paycheck or bonus.

Psychologically, we correlate our paycheck to our survival, so our job becomes our main focus, because we are motivated to survive.

In the meantime, we have little to no clarity on the personal dreams, aspirations and goals that really matter to us.



Thus, there is no clarity or accountability for what we intend for our dreams and how we plan to measure that intention.

To change this, we can define our success by creating clear personal objectives and measures by which to hold ourselves accountable... just like we do in the workplace!

Here are three additional questions to assist you in gaining clarity about what success looks like for you:

1. Can you **see** what success looks like in your mind?
(Do you have a clear mental picture?)
2. Is the success you envision, upon achieving this goal, mentally and emotionally compelling?
(Can you feel it? Does it excite you?)
3. What will your experience of life be like, when you accomplish this goal?

If you have answers to all of these questions, you have clearly defined success.

If you can't seem to answer these questions, check out the questions labeled **What's Missing** to gain more clarity.

What's Missing

- What's missing is: How do you know you've reach the goal?
- What's missing is: How will you feel when you achieve the goal?
- What's missing is: What will this goal produce in your life?
- What's missing is: Why does this goal really matter to you?

Be sure to provide yourself clear and thorough answers to each **What's Missing** question.

The answers to these questions are vital to your success, because when we have a clear vision of where we intend to go, we typically get there!

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CHAPTER THREE

Intentional Accountability

Tip #2

“

The discipline of writing something down is the first step toward making it happen.

— Lee Iacocca

Dreams are successions of images, ideas, emotions, and sensations that occur in the mind.

Intentional dreaming can be the source of amazing ideas for our lives that translate into inspiring ideas, personal aspirations and goals.

Dreaming can also be just another form of procrastination and wishful thinking.

It's likely you do dream, because this is the type of book dreamers read.

What kind of dreamer are you:

1. Intentional Dreamer
2. Wishful Dreamer

Don't rush past this question. Knowing what type of dreamer you are, is critical to your ability to create what you define as success.



Intentional dreamers tend to write their dreams down. They obsess over their dreams until they turn into tangible ideas.

Intentional dreamers also talk about their dreams.

Wishful dreamers tend to bounce from one grand idea (dream) to the next. They play out ideas in their mind, but eventually forget these phenomenal ideas because they've moved on to the next dream.

Wishful dreamers tend not to share their dreams.

God forbid, someone poke holes in their dream, or far worse...try holding them accountable to actually making that dream a reality. Yikes!

Dr. Martin Luther King, Jr., is a great example of an intentional dreamer and what it means to create accountability for a dream.

In his "I have a dream..." speech, Dr. King authentically shared his intimate ideals and feelings about the possibilities of racial equality in the United States of America.

That speech created instant accountability for Dr. King and many others supporting the civil rights movement.

There's no denying that Dr. King's dream was much more than a dream, but rather a goal, with a clear vision, on which he would take purposeful actions.

That dream you have...is it written down yet, and who else knows about it?

If you currently have a dream or goal that you're passionate about, and you have yet to write it down...STOP!

That's right!
Stop reading!

Go write that goal down!

Dr. Gail Matthews, a psychology professor at Dominican University in California, recently shared research that says you're much more likely to achieve your goals by writing them down and sharing them with a friend or colleague.

Dreams and ideas are precious gems created in the mind.

Money may not grow on trees, but trust me when I tell you...money does grow in the mind.

Your dreams and ideas are tomorrow's gold. Treat them that way by depositing your genius on paper.

The Accountability Partner

After writing down your goal, immediately identify one person or no more than three trustworthy people, who will encourage you and hold you accountable to go after that goal.

Be sure to share why your goal matters with this person as well.

The role of an Accountability Partner is as follows:

- To constantly remind you of your original intention for setting your goal and why your goal matters.
- To be responsible for checking in with you, at least monthly, to hold you accountable to your progress based on your action plans.
- To remind you of your greatness and ability to fulfill on that goal.
- To motivate and push you forward when you get scared.

Please keep in mind that your accountability partner should not only be someone you trust, but also someone who relates to you as your best self.

Always remember...

You gave your accountability partner this job!

There will be times that you feel annoyed with your accountability partner.

If this happens, strongly consider that your annoyance is nothing more than a smoke screen to place the focus on your partner, and take the focus off you and your goal.

Don't get fooled by the smoke screen and fire your accountability partner. It's very likely you're annoyed because you haven't taken action.

Tired of feeling annoyed...then take action!

Firing your accountability partner equates to firing that goal!

If terminating your goal isn't an option, you will be tempted to avoid your partner when you're not on top of your game.

If you succeed at the avoidance game, you may need a life coach.

The best accountability partner on the planet is a certified, ontological coach.

Writing down your goals and creating intentional accountability, makes you an intentional dreamer.

Commit to taking these steps.

...and welcome to the team of intentional dreamers!

You're in great company.

*Would you like for me to be your accountability partner? If so, join the Slay Your Goals Coaching Community. Click **here** to learn more.*

CHAPTER FOUR

Taking Purposeful Action

Tip #3



Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it.

— Jules Renard

Now that your goals are on paper, and you've created intentional accountability, it's time to create a plan.

What will you need to do to make your goal a reality?

There's no sugar coating this tip. This exercise can be tough. It's not the work to lay out your plan that's tough. What's hard for most goal-setters is figuring out HOW you will create or do something you've never done.

This is where most of us get stuck and getting unstuck is what makes creating a solid action plan tough!

In fact, the loftier your goal and/or desired outcome maybe, the more resistance you will encounter when creating your plan.

Oh no...did I scare you?

Well...guess what?



If you set a big audacious goal that inspires you, consider that fear is already present. The mention of resistance just brought it to the surface.

Here's what you should know about fear and how it impacts your goals.

Fear freezes us.

This is why having a life coach can really come in handy.

While there is no substitute for a good, certified, ontological coach, if you don't have a coach, this is where your accountability partners can really help.

When you're frozen with fear, the best remedy is to take simple actions and get unstuck.

Here's what I mean...

Typically when working on big goals we tend to focus on what we don't know.

Here's an example:

Let's say your goal is to buy your first home in the next 365 days.

Most likely, you'll begin searching for homes in your target neighborhoods.

Eventually, you'll see the cost of these homes and that's when fear will show up!

For most first time home buyers, the risk of buying a home, combined with the prospect of paying the mortgage, taxes, and utilities associated with that home, will look scary.

Now you're stuck, due to fear.

You begin thinking thoughts like:

- "Do I really want to buy a home?"
- "What's wrong with the place I'm renting?"
- "What will happen if I buy this home and can't afford to pay for it?"
- "Can I really afford to buy a home?"
- "What if I buy a home that has problems?"
- "What kind of problems do homes have?"

Notice that your thoughts about buying a home have gone from action planning to questioning the goal itself.

This is the slippery thing about fear.

It's appealing...

... and it always seems to make good sense.

Notice that your focus is no longer on the goal, but rather why the goal may not work.

You're not only stuck, but your goal is now under attack!

To get unstuck and preserve your goal, bring your focus back to taking simple actions.

Here's an example of simple actions you could create and take in the face of fear:

1. Meet with a real estate agent.
2. Take steps to get pre-approved for a mortgage loan.
3. Create a budget-based on how much you intend to spend on the mortgage, taxes, etc.
4. Spend 30 minutes looking online for homes in your target neighborhood.

See the difference?

What I shared above is a simple action plan.

Simple action plans are how you move big, complex goals forward.

If you get stuck on HOW you will make your goal a reality...you're probably complicating the plan, because you're afraid.

Obsessing about HOW is a distraction!

When this happens (because it will...) focus on creating a simple action plan.

If fear has your brain completely frozen and you can't seem to create simple actions, reach out for help!

In fact, it might be time to call your accountability partner.

Major Milestones

Now that we're clear on the importance of simple action plans and how to create them, let's explore the importance of creating major milestones.

To do this, let's explore the major milestones for buying a home in 365 days.

- Day 30: Create or revisit the family financial budget
- Day 75: Identify the desired price point for purchasing a new home.
- Day 125: Gain mortgage loan pre-approval.
- Day 150: Hire a real estate agent.
- Day 180: Attend 5 open houses and view 10 homes in target neighborhood.
- Day 220: Narrow choices to no more than 3 houses
- Day 250: Make an offer on desired home.
- Day 280: Close on new home.
- Day 300: Move into new home
- Day 365: Wake up in new home and make breakfast in new kitchen.

I'll admit that creating major milestones for buying a home is a bit straightforward, while creating milestones for a bit hairy, audacious goal can be a bit more complex.

A goal-setting hack I learned from **Accomplishment Coaching**, an elite ontological coach training program, is to start with the end in mind.

Accomplishment Coaching trains aspiring life coaches to help clients set goals by creating them in reverse order.

For example, instead of starting the major milestone on Day 30, we would start with Day 365 and worked our way back to the present day. (See below...)

- Day 365: Wake up in new home and make breakfast in new kitchen.
- Day 300: Move into new home.
- Day 280: Close on new home.
- Day 250: Make an offer on desired home, etc...

Simple Plans

Creating a plan takes effort and time.

This is why so many people abandon their goals a quarter of the way into the process.

To avoid the likelihood you abandon your goal during the planning process, make your plan simple.

A simple plan is a plan that is easy to follow and implement.

Only create action plans for the major milestone you're focused on.

What use is an action plan for Day 365 when you haven't reached Day 30?

Instead focus on the action planning steps to make the Day 30 a reality.

Complete that major milestone.

Celebrate!

Then move on to Day 75 and repeat.

Special Note

Now that you understand how to create simple action plans and major milestones, let's chat about what really makes these two mechanisms come to LIFE.

Your WHY!

WHY do you want to buy a home?

WHY do you want to set that big, hairy, audacious goal?

WHY?

Yeah, simple action plans can help you gain traction on your major milestones when fear is present, but nothing will inspire you to take action on your goals like having a clearly defined WHY!

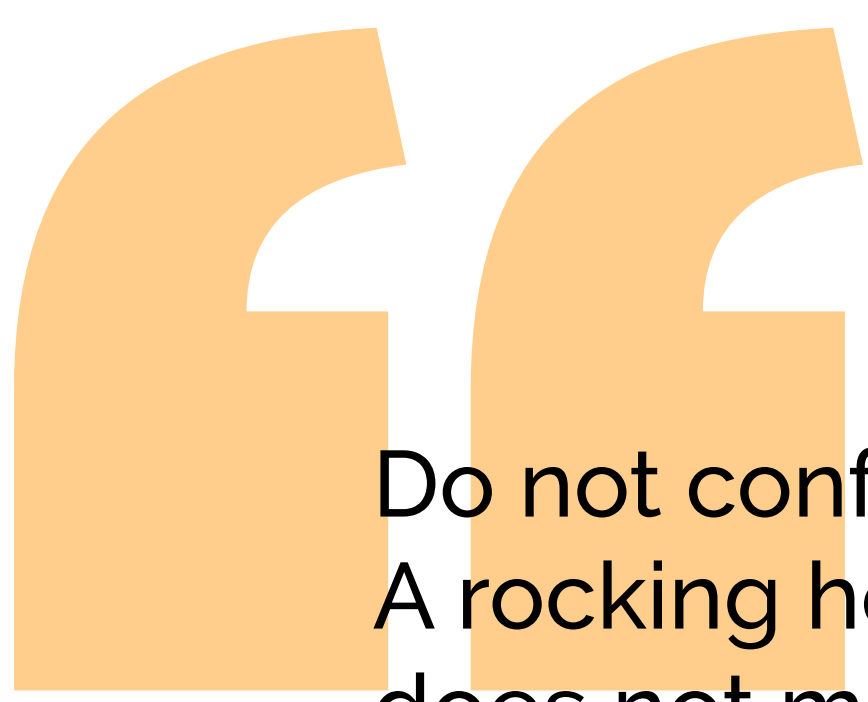
You can take every other element of goal setting I cover in this book and execute them flawlessly, but if you don't adhere to Tip #1 in Chapter 2 and clearly define what success looks like and why it matters to you...you'll likely fail!

*In the Slay Your Goals Coaching Community,
I support members with creating their plans
and distinguishing their WHY.
Click **here** to learn more.*

CHAPTER FIVE

What Will You Stop?

Tip #4



Do not confuse motion and progress.
A rocking horse keeps moving but
does not make progress.

— Alfred A. Montapert

Most of us have busy lives!

Consequently, we prefer the little free
time we have left, be filled with things
we enjoy doing.

Me too!

I completely understand!

A balanced life is important.

So how do we take on new goals and
aspirations successfully, while
maintaining balance?

My answer is a simple, straightforward
formula that works extremely well
when executed.

The formula is as follows:

Start Something
+ **Stop Something**
(equivalent to what was started)

= **Balance**

Here's how it works...



For every new goal you start, identify something you will stop!

Don't underestimate the power of this formula due to its simplicity.

Chances are, if you create three goals to start a new year, these three wonderful aspirations will be the first things you abandon WHEN you get busy.

As a human being, you already have your instinctive habits. New goals will be under direct fire WHEN the going gets tough, or you get a bit busier than normal if you don't plan for this real-life scenario right now.

For every resolution or goal you plan to take on, what will you stop doing?

Be honest with yourself when you answer this question.

Otherwise, the formula doesn't work.

Let's say one of your new goals is as follows:

- ▶ **Goal Statement:** To experience the rejuvenation of my mind and spirit by adequately sourcing my body.
- ▶ **Measure:** To lose 30 pounds in 200 days.

After clearly defining success, you create a number of milestones and part of your simple action plan is as follows:

- ▶ Go to the gym for an hour, 4 times a week.

If we use the **What Will You Stop?** formula, the question becomes; what are you going to stop doing that will provide you four additional hours in bandwidth every week?

Don't get flustered and give up here.
We all waste time somewhere in our lives.

Where could you start being more intentional?

How much time are you spending on social media?

How much time do you spend watching television, throughout the week?

How do you spend your lunch hour at work?

Get curious about how you're currently living your life.

This curiosity will likely uncover the places in your life where you are not living with intentions that align with what matters most to you.

To start living with intention means you must start eliminating where you've been living by default.

Many of us wake up everyday and never fully engage in our lives.

We just move about on autopilot.

You want to win at life?
You want the best life possible?
You want to start slaying your goals?

Great!

Then get clear on what you are going to STOP!

CHAPTER SIX

Affirm Your Goals Daily

Tip #5

“

Life likes to be taken by the lapel and told, 'I'm with you kid. Let's go!

— Maya Angelou

Many of our goals go unfinished not because they're extremely difficult and complicated, but because they aren't top of mind.

The easiest way to abandon a goal is to forget that you created it.

Creating daily affirmations that include each goal you have will not only assist in keeping those goals top of mind, but this will also keep you focused, motivated and inspired towards the achievement of these goals.

First, let's get very clear about what an affirmation is. An affirmation is a carefully formatted statement that should be read, repeated or written frequently. For an affirmation to be effective, it should be present tense, positive, personal and specific.

POSITIVE
AFFIRMATIONS

In this book, I shared two goals as examples:

1. To experience the joy and excitement of purchasing my first house and create a loving home for my family.
2. To experience the rejuvenation of my mind and spirit by adequately sourcing my body.

Once I have clear goal statements, these objectives can be easily transformed into powerful affirmation statements.

Below I have provided the affirmation statements for these goals:

1. I am happy and grateful that I have purchased my first house and transformed this house into a loving home for my family.
2. I am happy and grateful that I have a strong and healthy body that sources my mental clarity and reflects the greatness of my inner being.

Now the fun is just getting started, because the next steps is to read each affirmation ALOUD at least twice a day (morning and evening).

If you're thinking, "Geez, that's a lot of work..."

That's a good indicator that you haven't created goals that really inspire you. If you're inspired by your goals, repeating an affirmation associated with those goals, is something you'll be excited to do.

This practice isn't something I think will work for you. I know it works.

I've been slaying my goals for well over a decade, and I attribute a great deal of that success to this one practice of affirming my goals!

Here's an additional set of tips:

- Consider typing your goals and affirmations into a one page document.
- Print three copies of this document.
- Laminate each copy.
- Place one copy in the following areas:
 - Your night stand or somewhere near your bed for easy access in the morning and evening
 - Your office, cubicle or desk drawer
 - Your briefcase, tote or workbag

Now you're surrounded by your goals!

Outside of the morning and evening routine, take a moment to review this document whenever you come across it in your bag or desk drawer.

If you feel resistance to doing this, remember that resistance is normal. Whenever you get intentional about creating your life, resistance will always show up. That's how you know you're on the right track!

Taking the time to create affirmations for each of your goals is one of the major components and life hacks that the most successful people on the planet use to ensure they SLAY their GOALS.

*Have you seen a sentence or quote that moves you...?
Tweet it to me @linalharris and use the hashtag below:*

#slayyourgoals

CHAPTER SEVEN

What Every Goal-Setter Needs To Know...

Sh*t Happens!

“

The best laid plans,
of mice and men,
oft go awry.

— Robert Burns

If you're willing to do the work,
I'm certain the five tips I've shared in
this book will help you be successful.

Setting audacious goals for your life is
not easy work.

However, if you want to achieve your own
personal greatness and live the best life
possible, this is the work that must
be done.

"No pain, no gain!", isn't just a cliché phrase
that applies to sports and exercise. This phrase
applies to every aspect of living.

Due to this truth, I must address one aspect
of goal-setting that most authors, speakers,
mentors and coaches often neglect.



There is a clear difference between your goals on paper and how those goals will be executed in real life!

On paper, your goals may look perfect.

Please don't aim for perfection, because real life is a bit messy.

Aim for excellence and the achievement of your goal.

Stay focused on the goal, no matter how it may look and no matter how it may create itself.

...because no matter how well you plan your goals, sh*t will happen.

Yep, sh*t happens!

The trick is to remember, that when sh*t happens, and interrupts your plans...it's not the end of the world, thus it's not the end of your plan.

I wrote this book because I believe most of the resources for goal-setting and creating plans are flawed.

We've been taught that our goals and plans should be specific, measurable, attainable, realistic and time bound. (SMART Goals)

Thus, that's where we focus.

There's very little guidance and thought given to the potential barriers and piles of sh*t we may accidentally step into, that could stall our well laid plans.

Consequently, the first pothole, wall or unforeseen obstacle we hit...feels like failure, when in fact, it represents progress!

That's right!

Stepping in a pile of smelly sh*t, equals progress.

How is it progress, you ask?
Well, because you took a step.

No step, no sh*t!
No rolling forward, no potholes!

No momentum, no walls!
Stepped in some sh*t recently?

Great!

Wipe it off!
Get that dirt off your shoulder!
Keep moving!

Hit a pothole?
Slow down, but keep rolling.

(Notice how quickly you notice and maneuver around future potholes.)

Don't stall!
Hit a wall?
Climb over it!
Can't climb?
Dig underneath it.
Can't dig?
Tear the wall down!
Can't penetrate the wall?
Then walk until you've walked around it, but whatever you do, don't quit!

Our goals and plans fail, only because we quit. We quit because we don't anticipate resistance.

Resistance can surprise us.
We're unprepared for surprises.
Being unprepared is demoralizing.
Feeling demoralized causes us to feel discouraged. Being discouraged highlights the exits to quit.

When you create your goals, plan for resistance, because if it hasn't revealed its ugly head yet, I can guarantee it will.

Also, be sure your plan includes tangible ways to stay encouraged.

Motivation and inspiration are emotions. They are basic feelings that can be crowded out by other emotions like sadness and disappointment.

When your motivation and inspiration gets crowded out, what's your plan for restoration and encouragement?

What podcast inspires you?
What kind of music motivates you?
Who are your cheerleaders?

Remember that you are fully responsible for your own motivation and inspiration!

Be sure to include your tactical plan for staying motivated and inspired in the goal-setting process.

Be confident!

Know that you are capable.
Know that you are great.
Know that you are a creator and
GO create and ACHIEVE those goals!

“

Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.

— Les Brown

100 YEARS FROM NOW,
HOW WILL WE REMEMBER YOU?

About the Author...

Linal Harris' life reflects a path of a man who has a vision and is determined to succeed. Setting goals and accomplishing them, is definitely a strength and core competence for Harris. After struggling with a speech impediment until the age of 22, speech therapy and the desire to create a successful career path would unlock the key to a voice that would later inspire thousands of people around the world throughout his journey as a fortune 500 executive, community leader, life coach, author and popular media personality.

Harris' optimistic attitude and strategies for living the best life are displayed each week when he shares his positivity and helpful tools to win at life through his talk radio program on WVON 1690 AM, Inspirational Perspective®, which is also available of LIVE video streaming on Facebook and YouTube.

Listeners are encouraged each week to "Get inspired; it's a lifestyle choice!" In addition to sharing wisdom through his various media channels, Harris supports CEO's, entrepreneurs, professional athletes and celebrities design the their businesses and lives, through his work as a certified ontological coach and corporate trainer..Harris is also a heavily sought-after keynote speaker for conferences and events across the country. He is gifted in custom designing speeches and presentations for specific audiences that motivate and inspire.

Harris is an avid traveler. Over the last two decades he has visited over 50 countries and 350 cities all over the world, which inspires his unique perspective on globalization and technology. He brings that perspective to the Chicago community by sharing his resources and volunteering his time with inner-city High Schools and youth groups, often hosting discussions with students on how to live a life of excellence. Harris is passionate about helping others. As the founder of Inspirational Perspective Publishing, LLC and Insights 4 Life Coaching, LLC, Harris challenges his global audience and his coaching clients to Murder Mediocrity™ and live their best life possible.

Are you living the best life possible?

Regardless of your answer, this is a question that we must answer daily and Linal Harris' purpose in life is to make sure you can answer every time with a resounding **YES!**



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