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## Abstract

One of the main problems that people struggle with achieving their goals is the lack of motivation and movement in the path of the target with variable speed. In this article, we will explain some basic concepts such as goals, motivation, priority, etc., and then we will introduce several solutions to achieve constant speed  
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## What is Goal Setting?

Most goal-setting exercises begin with an overpaid consultant standing in front of a whiteboard and asking, “What does success look like to you?” “What do you hope to achieve in specific terms?” If we are serious about reaching our objectives, we should begin with a very different question. Rather than thinking about what kind of success we want, we should think about “what kind of pain do I want?”

The true test is not whether you want the result, but whether you are willing to make the sacrifices necessary to achieve it. Do you wish to live the lifestyle that comes with your quest? Do you want the tedious and unappealing process that precedes the exciting and glamorous outcome?

## Relationship of goal with need, value and priority

Every human being has his or her own set of values and needs. The important thing is to identify and prioritize needs and values. We usually choose a goal without thinking about it, and sometimes we only consider its positive aspects and beautiful perspective. This is why each of us should be aware that there is a significant and close relationship between a goal and a need, a goal and a priority, and a goal and a value. In conclusion, we should make three lists as a practice exercise:

- Make a list of your requirements. The [Maslow pyramid](#) clearly defines these requirements (food, clothing, security, etc.).
- Make a list of your values Everyone has different values. The important thing is that you all recognize these values.

Prioritize the previous two lists in the order that is important to you. After the above definitions, you have achieved your important reason. Now it is time to set a goal. Goal setting helps you achieve your values and needs.

## Goal setting without planning is nothing more than a dream

Consider an elephant that we aim to eat based on our needs and values. Can we eat this elephant right now? Your answer is definitely no. What is the solution? If we cut this elephant into pieces and eat a part of it every time, we will finally eat the elephant after a certain period of time. Precision planning allows us to break the goal into parts and do a part of it every time. That is why we will achieve our big goal.



Do not forget that our motivation for taking this path is the reasons that we have identified in the previous section. Wherever you feel unmotivated, refer to your lists and repeat them aloud. Another practical solution is to tell yourself every day that today I only have this to-do list. If I do, I will be one step closer to my goal. Sometimes, thinking about the greatness of the target (elephant) makes you unmotivated. With this exercise, we prevent this destructive thinking

## **Breaking down big goals**

We need to write down our goals on a daily, weekly, monthly and yearly basis. This shows us exactly what we need to do during the week, and finally, at the end of the month, we will have a list of things to do to achieve our goal. Also, we must be careful that this method minimizes our dead time. Every day, by recognizing the extent of our ability, we can consider more missions or tasks for ourselves and increase our self-confidence by doing them..

## **To get to the goal, please get a ticket**

Assuming we all live in an airport, the lowest floor of this airport belongs to people who do not have a specific destination. These people are confused. However, in order to reach the destination and goal, which we now know what it is according to what has been said, we must prepare a ticket. At the origin of the ticket, we have to write the point where we are now. The destination of this ticket is exactly the point we want to reach. The date on our ticket determines how long it will take to get from origin to destination. If we do not fill in this section, it is as if we are dreaming. The other part of the ticket is our flight number, which is why we found out. We have to write at least 10 reasons for each goal.

## conclusion

Knowing our values and needs helps us to be motivated and set our goals. On the other hand, goal setting is the way to reach our needs and values. It is essential to achieve planning goals. It is by mastering these concepts that we can move towards achieving our goals with high speed and acceleration.

Setting goals entails not only deciding on the rewards we want to receive, but also deciding on the costs we are willing to bear. Please prepare a ticket and write down and plan the necessary missions to reach your destination

## keyword related to goal

planning, motive, motivation, reason, Mindset, smart goals, set goals, personal goals, reach your goals, how to set, achieving goals, life goals, business goals, motivate, stay motivated, along the way, long term , short term , stick to, manageable, action plan, road map, Accomplish, realistic, measurable, achieve your goals, how to achieve accomplishing, resolutions, accountable, how to achieve, ask yourself, take action, how to set goals, mission statement, need to achieve, for achieving, goal in mind, improve your ,goal achievements, Career goals, attainable, goals to achieve, goal is to provide, goal in mind, plan to achieve, working towards, achieving , accomplishment, accomplish, other

## About The Author

Maryam Vanaee with a master's degree in chemistry in 2017 and immediately entered the related job market. She has worked as a director of research and development at a private chemical company. Her first article is about [pectin extraction review](#) . Other article is [superabsorbent polymer review](#) .She is also a member of Cademix Career Autopilot program - the acceleration program, and open to new opportunities. Please feel free to contact her:

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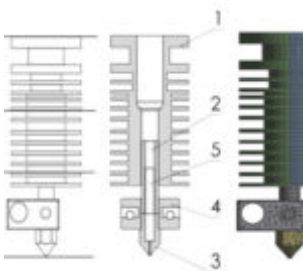
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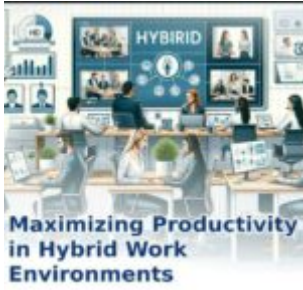
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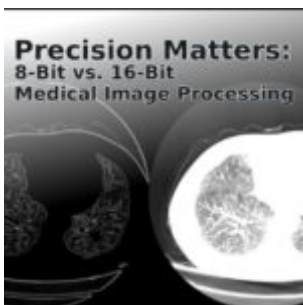
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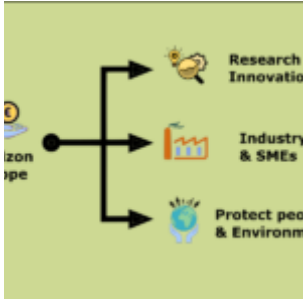
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