

# Can you really achieve anything you want?

Research shows that people who write down their goals are **42%** more likely to achieve them. And those who write them down and then make a plan and track their progress with someone else are up to **95%** more likely to achieve them!\*

One of the benefits of having a relationship with a professional is to have someone that can help you to not only set goals but track your progress towards them every year. The key to achieving financial freedom and to achieving your goals is firstly to know what that is!

Here are some tips to goal setting with your finances;

- 1. Set a very specific goal.** For example, "Save \$10,000 within 2 years or "Save \$100 per week until I reach \$10,000".
- 2. Know your why.** Write down the reason for wanting to achieve this goal, it could be "To go on my dream holiday" or "To be debt free".
- 3. Make a plan.** Break down your goals into smaller pieces that don't seem as daunting, after all how do you eat an elephant? One bite at a time!
- 4. Take action!** Open a separate savings account, automate your cash flow, speak to a financial planner, block out time in your diary for exercise.
- 5. Track your progress.** The most sure-fire way of achieving your goals is to know how your progressing every month or every year.

By following these steps, you will be pleasantly surprised how much you can achieve.

To help him stay really focussed on what he wants to achieve; Grant Cardone, best-selling author of *The 10X Rule* and self-made millionaire has a special trick. He writes his goals down twice a day - once in the morning, and then once again at night. He explains, "*I want to wake up to it. I want to go to sleep to it and I want to dream with it... I want to write my goals down before I go to sleep at night because they are important to me, they are valuable to me and I get to wake up to them again tomorrow*".

At Discover we review our clients progress regularly to ensure that they have a clear understanding of the plans and disciplines needed to achieve their goals. You can speak to us today about setting up a discovery meeting where we can start the process of goal setting and planning.

#### Contact us today:

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\*The American Society of Training and Development (ASTD) did a study on accountability and found that if you have a specific accountability appointment with a person you've committed to, you will increase your chance of success by up to 95%.