

Achieving Goals in the New Year

By Paul J. Meyer



The story of any achiever is one of desire. In fact, all success stories and meaningful achievements begin with desire. Desire grips people with an insatiable appetite for action.

If you have sufficient desire to succeed this year, nothing can stop you from becoming a winner, a leader, or a high performer. Desire is the burning internal quality that pushes you and produces a restlessness with things as they are. Desire empowers you to meet the challenges of life and compels you to fulfill a purpose larger than yourself.

These steps can increase your desire to succeed:

- ◆ *Anticipate rewards.* Be aware of the sacrifices and the hardships involved in becoming a winner, but focus on the rewards of success. Knowing what rewards you can earn stimulates your desire and makes you work harder for them.
- ◆ *Learn everything you can about your goal.* Read every book and talk to every expert you can on the subject. Read articles about people in your profession. The more you understand about your chosen profession; the greater your interest will be. The more interest you have; the greater your desire to succeed.
- ◆ *Observe how professionals perform.* Take advantage of every chance you have to see and hear the outstanding individuals in your area of interest – in person or on television. The more you study successful people in action, the more familiar you will become with what it takes to succeed.
- ◆ *Identify with an achiever.* Everyone needs a role model to look up to. Select an achiever in your career and study the progression of and reasons for that person's success.
- ◆ *Constantly remind yourself of your dreams.* Kindle the flame of desire and light the fires of enthusiasm by reminding yourself daily of your dreams. Envision the summits you can reach, the rewards you can reap, and the heights of happiness you can enjoy.
- ◆ *Strive continually to activate, nurture, and maintain the kind of desire that will make you a winner.* For successful people, intense, burning desire is a habit, a way of life, and a deliberate course of action.

In any worthwhile endeavor, ultimate victory goes to the individual with the most desire!

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Fortune, Family and Faith. For more information, visit his website at www.pauljmeyer.com.

Get Ahead with Reading

With the abundance of reading materials that are available, it's astonishing that so few people read. Research says that after high school, 58 percent of graduates will never read a nonfiction book again and that the average American reads only one book of any kind each year. Did you know that only 10 percent of the people who buy books will read past the first chapter?

Audio books, which are available for rental at video stores and check out at libraries, are not only a great tool for those people

who are visually challenged but also for those who spend more time in the car than sitting in an easy chair.

Books on tape

make it possible to drive, garden, exercise, and still benefit from the written word in spoken form.

Harry Truman was an American president who wasn't a college graduate, yet he was probably the most well-read president of modern times. As president, he would stun his advisors with his knowledge and expertise on a variety of subjects. You can do that too!

Many of you will say that you don't have time to read. How much time do you spend watching TV or talking on the phone? Even the busiest of people can find 10-15 minute intervals in their fast-paced schedules to read. If you want to make a difference in your own life, read. Read to stay current. Read to revisit the past. Read to learn. Read for pleasure. To make it a great day, read!

Julie Alexander is a professional speaker who works with organizations that want to boost morale and people who want great days on and off the job. She is the author of Great Days: 50 Ways to Add Energy, Enthusiasm, & Enjoyment to Your Life and Make Life Count! – 50 Ways to Great Days. For more information, visit www.JulieAlexander.com.



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