

# 7 tips achieve goals to enhance personal growth

The achievement of a complex, stretched over time goals do not seem to rise high-speed elevators. It's more like an escalator: it's slow, but never stops. Of particular importance here have personal attitude and perseverance. No need to sacrifice all your free time and health you just need to consistently move forward to achieve new peak productivity.

*Seven ways that will enhance your productivity:*

## 1. Write down your goals

People who write down their goals achieve significantly more than those who don't. In fact, written goals increase the likelihood of achieving them.

## 2. Exceeded goals by 10%

If you set a specific goal, you need to think about it not as a goal you want to [custom term paper writings](#) achieve, and how about the lowest acceptable standard of performance. Raise a personal goal for 10% or more, whether it's sales or other activities.

## 3. Maintaining strict quality control

You should try to do quality work the first time. Do not think that you can come back later and fix something. For example, to do several edits of the report, we need to focus on style, good grammar, spelling and punctuation, so you do not rewrite entire sections.

## 4. Not to impose restrictions on their ability

So much has been done to people who did not know that it is "impossible" that makes no sense to decide in advance about the impracticability of some of the work. Believe me, you can go beyond the current skills to reach new heights.

## 5. To turn their goals into exciting challenges

Split big, lofty goals into smaller tasks not only makes work easier but also makes it more exciting. Whenever performed one of the tasks should scratch it from your list. This will allow the brain to release a chemical called dopamine – the hormone of joy and pleasure. The more tasks performed, the closer the goal.

## 6. To turn your goals into habits

Purpose better to turn into habits to facilitate their achievement. It is good to allocate a certain time of day to work on your goal. For example, to work on it after lunch or before take a shower. Over time, the actions will turn into habits that will make the job easier and more automatic.

## 7. Not to rest on their laurels

So, finally the goal is reached. Yay! We need to celebrate, take a break, then put another target and start moving towards it. Not to say "I deserve to relax" and not to rest long on their laurels.

Always remember that goals exist to help you motivate yourself and not interfere.