

EP4 Goals

Why it's necessary to set goals for our lives, and understanding the importance of setting goals

Goals are an important aspect to living a fulfilling life. We should all have goals that provide purpose and meaning for our lives. In this episode, I talk about the things we need to be aware of when setting goals, the importance of setting goals, and what we can do to put us on the right path to achieve our goals.

Thanks for listening :)

Emeka's Takeaways:

What is a Goal?

Wikipedia- A desired result a person or a system envisions, plans and commits to achieve a personal or organizational desired end-point in some sort of assumed development.

Webster- The result or achievement toward which effort is directed

Things to be aware of when setting goals

- Vision
- Purpose
- Planning
- Discipline

Why it's important to set goals

- Goals propel you forward
- Goals help you overcome procrastination
- Goals allow you to measure progress
- Goals help us live life to the fullest

What can we do to achieve our goals

- Set your Goal
- Take Action
- Be flexible
- Embrace the 3 Ps: Patience, Positivity, Perseverance
- Enjoy the Journey