



21 Days Of Goals

An action step added every day.

PGFracing.com Action # 1

Lots of times we get bogged down in boredom or frustration. Frustration is when things don't go as expected or we are upset with ourselves or our outcomes. So step # 1 is stop being upset with yourself and start treating yourself right. Be happy don't worry.

PGFracing.com Action # 2

Create a P.L.A.N.

Peace - Smile you're alive and have opportunity.

Love - Share knowledge & things with someone.

Attitude - Negative thinking is a call to action.

Never Give Up - Persistence conquers.

PGFracing.com Action #3

Get in a routine. Most of the time life isn't going the way you want it to be is because you are letting life control you instead of disciplining yourself to control life. List 7 things you can do daily to get into a routine.

My seven things are: 1. Limit Carb Intake 2. 50 Push Ups, Sit Ups, Jumping Jacks Everyday 3. Budget With Cash Daily Limit 4. Write A New Goal Everyday 5. Work On Website Six Days A Week 6. Daily Bible Study 7. Have Investment Fund of \$120 In 120 Days 3/14/18

PGFracing.com Action #4

According to Wikipedia motivation is the driving force that causes flux from desire to will in life. Meaning motivation is what causes you to take action. It doesn't take much to motivate us. Action # 4 is find something to focus on that will cause you to take action.

PGFracing.com Action #5

Defeating laziness or creating self discipline. One of my steps was to write one goal down a day. My/your step today is to conquer what is bothering me/you the most. What is bother me most is my income. After evaluating what was bothering me most it was a budget problem not income problem.

PGFracing.com Action #6

List 5 things you want and go after them.
My five things are.

1. Weigh under 200lbs by 2015.
2. Caught Up With All By Bills In 90 Days
3. Creative Questions To Ask My Son
4. Get A Roof Rack For The Bikes
5. Go Mountain Biking Once A Month

PGFracing.com Action #7

Writing goals and reading them every day can be just the motivation you need make that step of reaching your goals. Breaking your goals down to into smaller goals or chunking can be an easy way to manage your goals. I have a goal of 200lbs by January 01, 2015. I need to lose 1lb a week.

PGFracing.com Action #8

In the previous post I mentioned chunking or making your goals smaller or bite sized. Also just focusing on a few goals will help you reach them.

PGFracing.com Action #9

Don't give up, it's those who are persistent that are winners. My goal of 200lbs is not going to happen by January 1, 2015 more than likely because I haven't given the full commitment, does that mean it's time to give up No. It means it's time to reset my goal and not give up. New goal March 2015.

PGFracing.com Action #10

Make your goal public, use social media, share it with a family member or friend, someone you know will encourage you to get there. Don't just share it on your facebook page where you might get negative feedback share with those who you know will encourage you.