

# THE ULTIMATE GUIDE

**FOR ACHIEVING YOUR GOALS**

**14 PROVEN STEPS THAT ENSURE YOUR SUCCESS**

**BY AARON JARRELS**

## The Guide Preface:

No doubt if you are reading this you are experiencing some difficulty accomplishing your goal or goals. While there are many reasons or excuses, we ascribe to our failure to achieve, there is a simple proven 14 step process that assures your success, no matter what your goal.

I have used these same 14 steps to help hundreds of high achieving professionals break through the slump that was holding them back from the successful and happy life they deserve. Using the process in this guide will help you transform yourself; it will fuel the fire you have been burning, and help you blaze into the future you have always wanted.

The intent with this guide is to actually “*Change Your Mind*”. I will continually refer to this process as “*RE:MINDING*” yourself. This guide is one of the official tools I use to help my clients accomplish what had been seemingly impossible up to that point in their lives. I help them win.

Regardless of why you believe you cannot seem to win, using the resources, tools, and processes in my RE:MIND Program will *change your mind and transform your life*. By allowing you to see things differently and put you on a new path - one you’ve only imagined.

First, let’s discuss the difference between being heavily stressed out or experiencing burnout. We all know that managing your professional, personal, social, and private life in this day and age takes a toll on even the most motivated soul. But does that extreme pressure cause you to feel stressed, or burnt out?

## Stress vs. Burnout

### Stress

Characterized by over-engagement

Emotions are overreactive

Produces urgency and hyperactivity

Loss of energy

Leads to anxiety disorders

Primary damage is physical

May kill you prematurely

### Burnout

Characterized by disengagement

Emotions are blunted

Produces helplessness and hopelessness

Loss of motivation, ideals, and hope

Leads to detachment and depression

Primary damage is emotional

May make life seem not worth living

As you can see there is a clear difference between stress and burnout. Why do I bring this up? Because before you can hope to start a journey, you need to be prepared. Imagine trying to run a marathon without ever even attempting to jog around the block. You will be setting yourself up for failure.

We want to stack the cards in our favor and give ourselves the best chance of winning. So, we must be sure you are not burning out before we set out on this journey of exploration.

If you are certain from reading the list above that you are just experiencing stress, use this link to skip to [the 14 steps for achieving your goals](#). However, if you are concerned you may be experiencing or may be on your way to experiencing burnout, then you should continue reading.

### Signs you are on your way to feeling burnout

- Every day is a bad day.
- Caring about your work or home life seems like a total waste of energy.
- You're exhausted all the time.
- Most of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.

If you have noticed any of the following symptoms becoming a regular occurrence in your life, you may be headed for teacher burnout. Burnout affects between 15-30% of professionals at any given time when things are not exacerbated by social distancing, virtual offices, masking, and attempting to avoid infectious breakouts, or exposure. With these added pressures the rates are skyrocketing and show no signs of slowing.

### Emotional signs and symptoms of burnout

- Sense of failure and self-doubt.
- Feeling helpless, trapped, and defeated.
- Detachment, feeling alone in the world.
- Loss of motivation.
- Increasingly cynical and negative outlook.
- Decreased satisfaction and sense of accomplishment.

Emotionally, burnout is all consuming. Much like the name itself it means it has burned through and used up all the resources available and is on its way out. It is important to stop and mitigate the damage from burnout at the first recognized

sign of having it. The faster you combat it, the faster you will emotionally experience relief.

## Physical signs and symptoms of burnout

- Feeling tired and drained most of the time.
- Lowered immunity, frequent illnesses.
- Frequent headaches or muscle pain.
- Change in appetite or sleep habits.

Of course, sometimes as professionals we are too busy caring for others to notice our own emotional state. It becomes easier to spot physical signs there is something wrong. If these symptoms are your new normal, you are burning out.

## Behavioral signs and symptoms of burnout

- Withdrawing from responsibilities.
- Isolating yourself from others.
- Procrastinating, taking longer to get things done.
- Using food, drugs, or alcohol to cope.
- Taking out your frustrations on others.
- Skipping work or coming in late and leaving early.

If you are like I was, you are probably so outward focused that you may not notice your physical symptoms either. In this case your behavior may be your ticket to realizing you are burning out. If friends, colleagues, or family have come to you with concern about any of these things they may have noticed, you are probably experiencing burnout without knowing it.

Often when I teach people about burnout, they believe it is a roaring fire, that is obvious and happens quickly, however the truth is burn out is usually the last little bit of fire or your passion quietly fading away.

## What to Do if You Are Experiencing Burnout

Do you remember starting out with so much hope and excitement that you believed you would live in your passion forever. Changing the lives of those you help every day. But recently, you feel like every day is just another nail in the coffin for your professional passion. You may even be considering making a career change and leaving what you loved altogether, and you feel like you are burned out or very close to burning out completely.

I remember feeling the same way. I began to feel a deep sense of loss. Like my passion was dying. I remember thinking if something doesn't change right away, I may lose my love of what I do altogether.

That was until I figured out the secret to overcoming burnout. I want to share that secret with you. Like everything else in life, it is hidden out of plain sight, that is until you know where to look. I will show you exactly how to spot it in my 3-Day Non-Workshop Video Experience.

Once you go through the non-workshop experience you will discover how your self-image affects your perception, and how your perception affects your reality. You will understand the secret behind avoiding burnout and know what you need to do to reverse it.

Decide to join me today to reignite your passion again, so you can chase after all your dreams and goals. I am so serious about helping professionals alleviate their burnout, I am offering my powerful Re:Mind 3-Day Perception Non-Workshop for **only \$1** for the first time ever.

**Simply use coupon code "INEEDTHIS" to get the course for only \$1.**

***Use this link and get my: 3-DAY PERCEPTION NON-WORKSHOP***

### The Ultimate Guide for Achieving Your Goals: The 14 Proven Steps That Ensure Your Success

This is a powerful system that contains 14 proven steps. The way to get the most from this framework is to read through it completely one time. This will most likely be a very distracted and emotional process.

The reason for that is your mind will probably wander while reading the steps. You will be reminded of times you used some of these processes. You may become disappointed with yourself as you may have heard many of the concepts presented here and let the lessons slip.

But that does not matter, why? Because you are now in the top 10% of professionals simply by reading this guide. You are knowingly or not implementing the power of intent. In fact, if you implement the steps we are about to go over,

you will put yourself into **the top 3% of professionals**. You will be an intentional force to reckon with.

After you have read through the entire guide, you should then make a decision to follow through with what you have learned. Read the 14-step guide again with the intent to implement your plan.

### Step One: Your Desire

Desire is the only real limitation to your success. If you want anything badly enough, you can achieve it. But that is the key! You have to want it; complacency is your enemy. Remember, there is no success in your comfort zone.

Your goal must also be personal. You cannot want a goal for someone else. In the pursuit of your goal or goals, you must create a burning desire to achieve your goals. When you have a strong enough desire for a goal, you will not have to spend any time trying to inspire yourself to go after it. In fact, it becomes something that you must do.

If you are working on your major goal, you will become impatient with anything that distracts you from it. You will even begin to structure your time to minimize those distractions. Keep your goals front and center, right where you can see them. Stay reminded of the goals you desire most.

**Key Tip:** When just starting out, write a post-it note with your goals and put it on your bathroom mirror, on the dash of your car, at your desk, on the fridge, etc. this will keep it fresh in your mind.

**Note:** I will put in a key tip whenever I think it will help you, so keep your eyes peeled for them.

### Step Two: Your Belief

This step requires you to have an absolute conviction that your goal is possible and achievable. You must also *know* it is possible and achievable for you. You need to have an attitude of certainty. You must be crystal clear in your mind that you can and are going to accomplish your goal.

You get results according to your beliefs and you can tell what your beliefs are by digging deep and looking at your internal convictions. If you are unclear about what your current beliefs are, simply take a look at your results.

The great thing is that you do not have to start out with complete belief, you can start out by breaking up your major goal into smaller sub-goals that you believe you can achieve. As you begin to mark off the smaller sub-goals, your belief that you can accomplish the major goal will become more real.

**Key Tip:** If you are having trouble getting past some limiting beliefs that are keeping you from succeeding, check out my webpage to discover how to remove and replace your limiting beliefs.

Once you begin to carry the posture of belief, you will live yourself into it. Motivational speaker Zig Ziglar said “What you get from accomplishing your goals is less important than who you become by accomplishing your goals.” You can accomplish your goals easiest by focusing on one step at a time. Use the belief you have to take the first step; you will gain belief in your ability to make it to the finish line with each additional step.

### Step Three: Your Why

Determine all the reasons you want to achieve your goal. Trust that there will come a time that you will be tested. If you are secure and armed with all the reasons you want your goal, you will be far more likely to pass the test and not give up on your dream.

The more reasons you have propelling you forward toward your goal or goals, the less likely anything can stop you. You will become a force of nature. If you have hundreds of reasons for achieving your goal, you will become irrepressible. Nothing will be able to slow your progress if your “why” is big enough.

### Step 4: Your Starting Point

Be honest with yourself about the reality of your position right now. It is impossible to create a plan to reach somewhere on a map without knowing where you are starting from. This step is critical to the success of your goal achievement. Do not skip this step because it is uncomfortable.

With an honest assessment of where you are today, you can look at your goal and figure out the steps needed to attain your goal. This will shed light on the exact journey you have ahead of you. This exercise can be a motivational one as often people find that they are not nearly as far off as they believed.

### Step Five: Make a Plan

I once heard this from someone on stage: only 3% of Americans have written goals, the other 97% work for those people. It is not enough to come up with a plan in your head, you must write it down. When your plan is written down it clarifies things for you. It forces you to think through each part of the process before you take action.

The first thing to do is write down everything you want from that goal. The next is to write down everything you need to make that goal happen. Next, write down why you want it, and when you want it done.

Take an inventory of the obstacles that you perceive to be in your way. But do not focus on them as though they are deal-breakers, instead just take note, so they do not shock you when and if they appear.

Identify the people that can help you along with the information and skills you will have to get on your own. Decide what you are going to pursue first, then go after each item step by step.

### Step Six: Set Your Deadline

You need to set a deadline for achieving your goal. It has been said that a goal without a deadline is just a dream. In fact, our subconscious mind acts according to the deadlines we set. Without a deadline, we naturally tend to procrastinate. If you want to get things done, set a deadline to have them completed.

Keep in mind that a deadline is a tool to be used as a target that enables you to focus on the processes of attaining your goal. This will allow you to filter out activities and distractions that are keeping you from achieving your goals.

It is commonly known that 80% of the work gets done in the last 20% of the budgeted time for each task. This should empower you to take action and get things done swiftly.



Key Tip: Do not abandon your goal or sub-goal if your deadline slips. The deadlines you set are for benchmarking time in order to keep you highly motivated. You can simply take note of the missed deadline and move it to a more appropriate time.

Use the deadline tool to your advantage, do not forget to set deadlines for others you may assist you with your goal. Just be sure the deadlines you set are believed to be attainable.

### Step Seven: Your Roadblocks

Take a few minutes to revisit the obstacles or roadblocks you will have to overcome to reach your goal. Recognize that there is always an obstacle. There is nothing wrong with roadblocks, the trick is to be clear about the fact you intend to move past them when you encounter them.

The next thing to keep in mind is that the reality is that nearly 80% of all obstacles you will encounter on your journey are internal. If you are not achieving your goals, it is not because you lack opportunity. It is simply because you are not looking for or able to see the opportunities. We can only see what we are prime our brains to see. For more information on learning to prime yourself to see opportunities you have been missing watch the video ["The RAS; Prime Your Brain for Success"](#).

Dig deep and identify the inner obstacles that are keeping you from where you want to go. Be honest and truthful with yourself.

### Step Eight: Your Knowledge and Skill

Identify the additional or necessary knowledge and skills you need to accomplish your goals. Ask yourself, what is the one skill that would have the greatest positive impact on my success? You probably already know the answer...

It's the one thing you hate doing. Or it's the one thing you are afraid of doing. It's that something, that is outside your comfort zone. It's that thing that can utilize all of your other talents. Take a good look and ask yourself how can you gain the knowledge and skill needed to push through this resistance?

It may be tough to push through your resistance. It may feel uncomfortable, and you may not like it. But remember that positive change always produces a positive result. When you consider giving up, look at the rewards you stand to reap, and consider this test on your resolve aced.

### Step Nine: Your Mastermind Group

No one achieves greatness alone. It is said that two minds together actually create a third more powerful mind. This concept is known as synergy. So, it is up to you to identify the people, groups, and organizations that can help you succeed. Identify who can help you the most. Ask yourself, what's in it for them if they help you?

Consider the idea that you should try to deserve their support. What can you do? There needs to be an equitable exchange, so spend some time thinking about and creating incentives that will benefit the people you want help or mentorship from.

### Step Ten: Visualize

For this step you need to imagine your goal as if it was already your reality. Use affirmations when thinking and talking about your goal to yourself in the present tense.

Consider the affirmation "I am the greatest" said repeatedly by the boxer Mohammed Ali. His philosophy on life was if he said it enough times maybe people would believe it. The trick was he said enough times that he believed it.

You have to see yourself as already having the conditions you desire. Be aware of the emotions you will experience when you accomplish what you set out to do, and then bask in them daily. When you live as though you have achieved your goals, you will be surprised how quickly you bring your goals into being.

Key Tip: for more on how to use positive affirmations read this instructional article: [Affirmations-The Comprehensive Guide.](#)

Learning to use affirmations is only a part of using visualization to bring change. I will have upcoming visualization walkthrough videos on my YouTube channel soon.

### Step Eleven: Become Relentless

Be determined and persistent to reach your goals. When you recognize that the only way to actually fail is to quit, you take control of your reality. Far too many people quit before they have reached their goals. Their dreams die with them.

The reality is, that when you come up short, it is not failure, but rather you have identified more ways not to reach your goal. We have all heard that Thomas

Edison said that he discovered 100 ways to not make a light bulb work before he discovered one way that makes it work.

Your persistence is the measure of your belief in yourself. Every act of persistence strengthens you and creates habits of success and builds your self-esteem. There are no real limits to what you can accomplish, except those that you place on yourself. So, become unstoppable... by refusing to stop! Confidently expect to succeed, and you will.

### Step Twelve: Your Objectives

Clearly understand your objectives, or what you want to accomplish, before you design your plan. Think of all the elements that are included in your goal. The “side effects” of accomplishing your goal can become your objectives as well. Be clear about what your objectives are and pour your passion into your objectives.

When you know what you want from not just the completion of your goal but all along the way, it becomes easier to celebrate small wins as you go. You can go back and look at the information you came up with in step two. It may help you identify and gain clarity on your objectives.

### Step Thirteen: Your Imagination

Take a moment and write down your highest priority goals. Think about where you want to end up after you have completed your first round of goals. Think about what you want to achieve, when you want to achieve it, why it is important to you, how will you know when you have reached your goal?

Keep in mind your goals will change with time. That is why it is so important to write down your goals. You do not want to get caught up thinking you are failing forever, simply because you continually move your own cheese.

You can always rewrite your goals; do not get stuck thinking you have to write perfect goals out the first time. If you keep a journal or book, you can look back on previous versions of your goals and it will give you clearer insight into your transformation as you grow during your journey toward accomplishing your goals.

Key Tip: The most important thing is that you actually write your goals. I always suggest using a pen and paper, because it is more “real”. It becomes a tangible thing you can touch, read, smell, hold, and imagine.

The power of your imagination cannot be overstated. You must spend time imagining what it will feel like when you have succeeded and live in the emotions and thoughts as though they have already happened. Visualize your goals, project yourself into the future and take some time to enjoy the fruits of success even before it has become a physical reality.

Be sure to also tap into the power of intention. It has been proven many times over that people who declare their goals are 3 to 10 times more likely to succeed over their non-goal setting counterparts. In time you will live your visualizations.

### Step Fourteen: Your Budget

Keep this in mind about your potential budget for accomplishing your goals. If you are not willing to set aside time and money to accomplish your goals, do you even really want them?

You may need to set aside a few hours each day to work specifically on your goals. When you spend time working on your goals, you are investing time. When you spend money in the pursuit of your goals, you are investing your money.

Key Tip: You can recoup/recover/or replace lost money; but you can never replace or recover lost time. Spend your time wisely, never waste it.

Time is one of the few assets that cannot be replaced, once wasted. Time, however, can however be purchased. Buying time from someone else is a great way to shorten the overall length of time reaching or accomplishing your goal will take. This is the idea behind an employer using employee time to accomplish the goals of the company.

Whenever possible, be sure to use tools to utilize your time and money to its fullest. This can include people, guides, coaches, mentors, and hired help. After you have created a workable budget for the time and money it will take to achieve your goal. You can allocate the time or money areas of your budget to either yourself or others.

## Next Step: Make a Commitment

If you have read this far, you are feeling determined to get different results than you have been getting. You are tired of seeing others succeed while success keeps avoiding you. You are ready to win! If you are serious about winning, make a commitment to yourself to do whatever it takes to succeed. Commit to doing all 14 of these proven steps so you can achieve your goal.

If you are ready to make the commitment to yourself, to your future self, and your future happiness, but wish you had a little more help, I am offering my RE:MIND Goal Achievement Companion Mini-Course **for only \$1** (for a limited time) to everyone who made it all the way through this Guide.

The RE:MIND Goal Achievement Companion Mini-Course is a video walk through of each of the 14 steps, you can access the course 24 hours 7 days a week and may view the course as many times as you like.

When you enroll, on my secure website, into the Re:Mind Goal Achievement Companion Mini-Course you will receive the “Achieving Your Goals: The 14 Proven Steps That Ensure Your Success” downloadable workbook, full access to the mini-course videos, and the downloadable “Goal Setting Guide” that will also explain the 3 types of goals.

Enroll here right now:

**[THE RE:MIND GOAL ACHIEVEMENT COMPANION MINI-COURSE](#)**

*I look forward to seeing you succeed! It's never too late to “**Change Your Mind and Transform Your Life**”*

*Cheers,*

Aaron Jarrels