

## Different ways to achieve goals

Have you ever wondered how other people achieve their goals? It feels like everyone always has a plan to do something, or achieve something. Everyone can have their own way, or they can take an idea to achieve a goal from someone else. There are lots and lots of different ways to achieve goals. So, let's talk about some.

**Aim High:** Aiming high means to set your goals higher than the last goals you had set. When you "Aim High" you are pushing yourself to work harder than you have before and trying your hardest. You don't want to just get in the top three, you are trying to get first! You want to challenge yourself to be the best you you can be.

**Believe in yourself:** To believe in yourself means that you don't discourage yourself. It means that you ignore everyone that tries to put you down or tells you that you aren't good enough. It is not easy to ignore the negative talk. You always push yourself harder than your competition! Also, push yourself harder than you did the last time.

**Expect to win:** To expect to win means that you won't doubt yourself, you know that you will win. You don't walk into a classroom, field, ect....hoping you will win the game or get a good grade on the test, you know! You have a positive attitude the majority of the time. You cheer on your teammates and/or classmates when they are in doubt, and you tell them that they will do great. Building others up will help them to start expecting to win and believe in themselves.

As one can see there are many different ways to achieve your goals, but you don't have to pick the ones I have listed above. There are many other methods to achieve the goals you want to set for yourself. Some methods might work for certain goals yet not work for others, and that is okay. Overall, there are many ways to achieve your goals, just find the ones that work for you, and shoot for the stars!