

Similarly Anthony Robbins' techniques may be right for you but you want to support them with some other aspects of goal setting and personal performance.

What you need is a method of pulling everything together in your own personal development map that you can constantly refer to and which you can update as required. A Crystal Map does just that. It helps you:

- Create a 'one stop personal development resource'
- Set your ambitions, goals and sub goals for every area of your career / life
- Chart a navigable course to get you where you want to be
- Draw the main elements of your plan, define what's important and embed key messages
- Include 'key learning' you might have gained from many sources; seminars, books etc.
- Remind yourself constantly of what's important
- Remain focussed on achieving your plan



See it

Visualisation is the key to success for most successful people and it takes place on two levels.

On one level it is important to visualise our goals in our minds and to start to allow our subconscious mind to go to work on finding strategies to achieve them.

On another, providing ourselves with physical, visual anchors and reminders keeps our goals and our objectives in front of mind.

Maintaining visibility of your goals is essential to achieving them.



Do it

When you took a few moments to think about your goals, you were doing nothing new.

You probably didn't need to think too hard before a few ideas at least popped into your head.

That's because these dreams have rattled around between your ears for quite a while. But now is the time to do something different.

Just do it!

Get started today on moving towards achieving one or more of your goals. Every day from this point forward accomplish one tiny thing that moves you forward and you'll be amazed at how much you will accomplish.