

Opening

While this book will be written for the perspective of a musician, it can be applied to everyone who wants to accomplish a goal. When I was young I would roll my eyes at such subjects. After all, “Just Do It,” is what I would think. After all why spend time planning when you could use that time to start working at the goal?

Maybe you took a stab at it goal setting and planning once, but “Just hit a bunch of walls, and it didn’t work.” It may be you set yourself up for failure. As I grew older, I found it is hard to stay focused, and determined to reach goals. Reaching long terms goals is very rewarding (but not easy). If you can take these guidelines and tactics and apply them, you will increase your chances of obtaining your goal.

If you’re thinking, “this just isn’t me.” Let’s look at your first gig. You had to learn songs (short-term goals) that eventually lead to a long-term goal (getting a gig). It took direction (who is going to play what part) and planning (practice is Tuesday at 7). While you may hate the phrase “Goal Setting” or “Planning” realize that you’ve been doing this for years. When you let things happen to you, you are going to be swept away with the current of life. By planning, you are actively swimming in a direction.

This book will examine why we need to set goals, how to stay focused on your goals, and provide worksheets to help you outline your goals. It has some forms that will walk you through setting up smart, achievable goals, as well as some exercises to find ways to optimize your time.

From the Book –“[*Finding Time to Achieve Your Goals*](#)”