

# 60-Minute Goal-Mastery Guide

The Secret to Achieving ANY Goal



**By Billy Teo**

<http://billyingteo.com>

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### The Secret to Achieving ANY Goal

By Billy Teo Wei Zhe

<http://billyingteo.com>

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## What my subscribers said after reading 60-Minute Goal-Mastery Guide

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“I would actually like to take the time to thank you Billy. I was very pleasantly surprised with the level of detail about the 10 effective steps that you had in your ebook. I spent an hour reading it and was impressed to say the least. Your book is an easy way for me to digest the essential information. And your books helped me boost my confidence in taking concrete steps towards achieving success and break through the glass ceiling at work. I will start by laying out a plan to reach my goals - step by step. An excellent book that is worth a thorough read. Thank you again.”

*Yalena Chee Yifang, Financial Analyst*

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"Personally I like this book, and I recommend to people who looking for success in life. Billy breaks path to success into steps, which made it easier for me to understand and achieve my goals."

*Daniel Tay*

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## ACKNOWLEDGEMENTS

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To my parents, who have spent a big portion of their lives to put on the table, and ensuring that me and my brothers can grow up healthily. I am forever grateful for the sacrifices you've made for the family. I hope that you two will be proud of my achievements!

To my two younger brothers, who add joy to my life since the day you were born. I am glad to have siblings like you two!

To my soul mate, Lingxin, for her unconditional love, as well as constant support and encouragement whenever I needed them. I love you!

To my teachers, mentors, and peers who have guided me in discovering my strengths.

Special mention to my mentor, Yee Shun-Jian, who inspired me to share my success experiences and tips, and made this eBook possible.

And most importantly... to YOU!

Yes, thank you for downloading and reading my eBook to enhance your success in attaining the goals you had or are about to set in your life. Because you had decided to take action to make a positive change in your life, I'm going to be more motivated and encouraged to add massive value to help you achieve success in all aspects of life.



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## INTRODUCTION

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Hi, my name is Billy Teo Wei Zhe, Founder & Chief Success Officer of <http://billyingteo.com>, and author of 60-Minute Goal-Mastery Guide.

Firstly, I would like to congratulate you for downloading this eBook because you made a decision to take successful steps towards achieving your goals in life. I am excited to know that you will be committed to attain the next goal you set, and because of this, I am ready to put in my best to assist you along your journey.

This simple guide consists of 10 simple and easy-to-follow steps which will allow you to effectively plan any goals **within the next hour** and master the art of achieving these goals every single time. Before I go into details on the individual steps, let me share with you my personal story on how I managed to apply these steps and became closer to my life goal...

### Childhood without worries

As the only child in an Asian family, the first 8 years of my childhood years were carefree and without financial worries even though I came from a lower-middle income group family. My parents would try their best to buy me the latest gadget that I wanted and gave me their fullest care and concern. We were a happy family. However, things started to change when my two brothers were born.

My mother had to stop working in order to look after my baby brothers while my father became the sole bread-winner for our family of

five. In the beginning, we faced financial difficulty as my father's income was insufficient to cover the family's expenses; my parents soon depleted their savings and had to resort to borrowing from relatives to make ends meet. My parents would quarrel frequently over monetary issues and their negative emotions manifested my mind – I became really pessimistic about life at a young age.

### First life-changing moment

It was about 4 years later, when I was in Primary 6 (equivalent of Grade 6), that I began having suicidal thoughts, naively believing that I could reduce my parents' financial burden by simply ending my life and their relationship might become better once our financial situation improved with one less mouth to feed. I harboured this thought for a couple of months, until the faithful day when I dashed out of my house whilst my parents were having an intense argument over money again...

Just when I was about to climb over the corridor ledge just outside of the high-rise apartment unit that we stayed, my mother grabbed my arm, pulled me back, and gave me a tight slap. "What are you trying to do?! Do you know we'll be heart-broken if you leave us?" she exclaimed. Tears rolled down her eyes as she proceeded to hug me and brought me back to the house. That incident left a deep impression on me, and it dawned on me that I was being too selfish, choosing the easy way out and attempted to escape from my role as the eldest son in this lovely family. At that moment, I decided to contribute positively to the family and not to burden my parents financially. That was my goal as a 12-year-old.

Over the next few years, I helped to look after my two brothers whenever I could so that my mother could free up some of her time to take up ad-hoc jobs to support the family financially. In addition, I studied hard and managed to attain good results, allowing me to secure bursaries to off-set some of my school fees and daily expenses. The negative atmosphere in my family vanished and was replaced with positive energy. We were not wealthy but we were hopeful of our future. At this junction, the [Law of Attraction](#) seemed to work its wonder: my mother had a windfall and our financial situation began to improve. We even managed to set aside some spare cash for an overseas family trip, albeit to the neighbouring country, for the first time in my life.



*My family's first overseas trip*

## Reaching adulthood

Throughout my years towards adulthood, I continued to excel in my academics and succeeded in supporting myself through University by taking up bursaries, part-time jobs, and giving tuition. I was able to be financially self-reliant. However, from time to time, I felt that something was not right. What is wrong about the life I was leading then?

It was only in my final year of University that I realised what went wrong. I saw how much my parents have aged and it finally struck me that they have been working for almost their entire life to keep our family going, but they could not be in this role forever. I had to step up and provide for them one day. I made a mistake of living the same goal I set as a budding teenager! Hence, my new, **BIGGER** goal is to achieve financial stability so that I can let my parents retire comfortably.

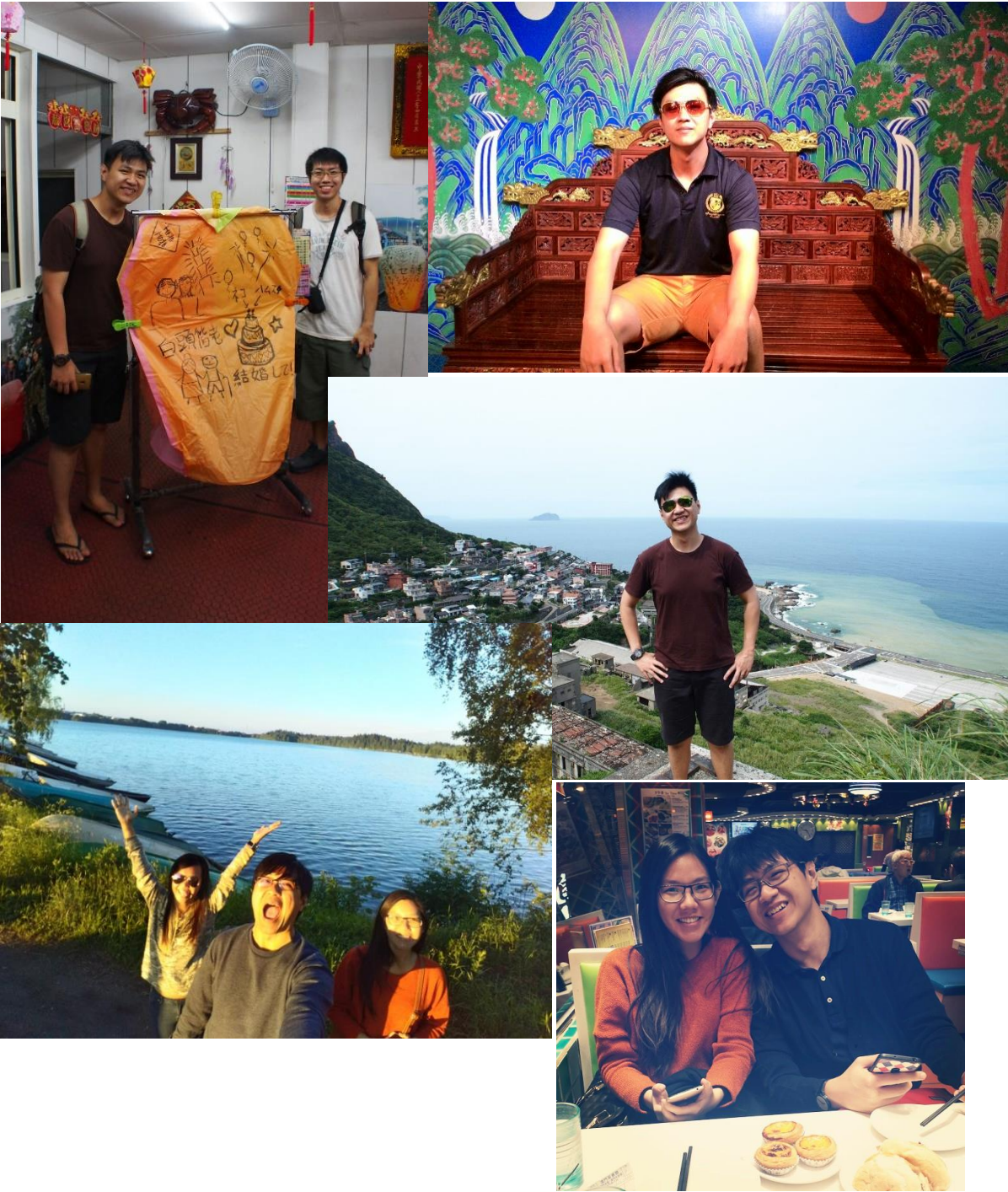


*Graduating from University with my beloved wife*

## Scoring the next BIG goal

Life is not always smooth-sailing but we will always emerge as a stronger person every time we tide through the storms. 2012 was the year I graduated and it was also the year when the job market in my home country was at its worst. I was unable to secure a job of my choice. However, I persevered and looked for alternative opportunities because I know I needed an income to be one step closer to fulfilling my new goal.

My perseverance paid off as I was lucky enough to be offered a scholarship by Nanyang Technological University (Singapore) to pursue a PhD degree while receiving a substantial amount of monthly stipend at the same time. I took up the offer without hesitation and it proved to be a wise choice. The PhD program enriched my knowledge tremendously and strengthened my analytical skills. Moreover, I was given opportunities to attend fully-paid for overseas conferences, allowing me to explore the world and network with fellow researchers working in the same scientific field.



*Post-overseas conference travelling*

Fast forward another four years, I was presented with the challenge of having a steady income stream as I graduated from the PhD program. Unfortunately, my graduation coincided with a tightening job market, especially in the field that I was trained in. I was jobless for about six months despite sending numerous resumes and attending multiple interviews. I felt despaired after failing the first few interviews and let my negative emotions overpower me. However, deep in my mind, I knew that I cannot give up. I still have to fulfil my goal of providing for my parents! I have to come up with a concrete action plan and commit to it. With proper planning and a change in attitude, I began applying for jobs that I previously thought would not hire me.

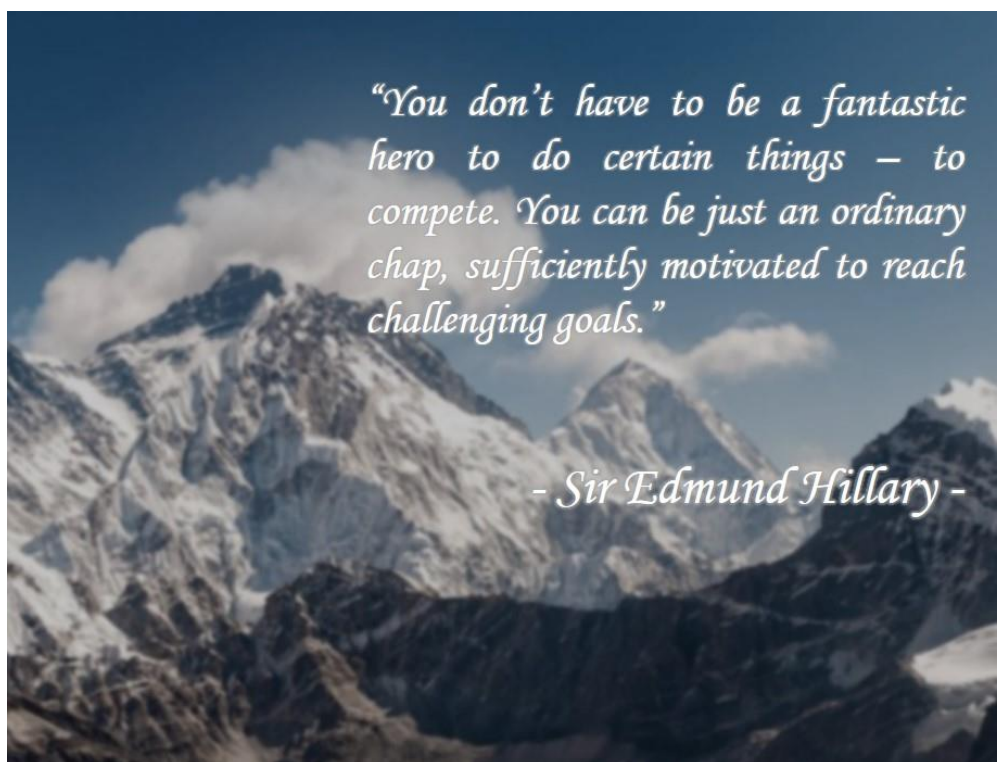
Finally, I was offered to take up a research role which I had little prior experience as I showed the willingness to learn and potential to excel during the interview.

Now, my life has improved and I am optimistic that I will be closer to achieving my goal of retiring my parents comfortably with each single step I take in the future. This will be possible with proper planning and more importantly, the [correct mindset](#). In this e-book, I will be sharing the 10 effective steps which I personally followed towards achieving the goals I have set, as well as the necessary attitude to possess in order to be successful in scoring that goal. And you'll be able to pick up these 10 steps and start paving the path towards your next successful goal within the next 60 minutes...so please give me your fullest attention and allow me to bring you through the details now.

Let's go!

## STEP 1: DEFINE YOUR GOAL

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The first and most intuitive step in goal setting is to know what your goal is, and define it properly. A useful tool when setting your goals, as mentioned in “The Secret” by John Assaraf, is the creation of what is known by three different names: (1) dreamboard, (2) vision board, or (3) treasure map.

To facilitate the creation your [dreamboard](#), vision board, or treasure map, ask yourself these questions to generate your list of goals:

- What exactly do you want to accomplish?
- What achievement would be worth your very best effort?
- What would you attempt if you knew it was impossible to fail?
- What would you go for if you knew this was your very last chance?

Once you have your list of goals, use the S.M.A.R.T. method to ensure that your goals are properly defined. S.M.A.R.T. stands for: **specific; measurable; attainable; realistic; time bound**. These are criteria of a well-defined goal, thus you should make sure that the goal you set adheres to these 5 rules. It will be useful to ask yourself these questions to determine if you are on the right track:

- Is your goal clearly defined with a specific plan of action?
- Is it within your power to make happen?
- Is it something you have a reasonable chance of achieving?
- When do you think you can achieve it?

One example of a clearly defined goal would be “My goal is to place in the top 32 of the Division I NAC”, rather than “I want to fence well”, which is too vague or general. In this way, you would be able to tell whether you have actually reached your goal. It’s okay to dream big with your goals but be realistic about accomplishing them.

A critical point to note is that your dreamboard, vision board, or treasure map would be something that you’ll look at every day to remind you of the goals that you set, and more importantly to motivate you towards achieving that goal. Therefore, you should really spend some time to decorate it with quotes or images that will inspire you, something that will make you want to fulfil your goal as soon as possible!

For example, if you are keen to lose weight, be specific on how much you many kg or lbs you wish to shed off and when do you have to achieve this target. Then, you can find images or quotes which can resonate with

you, make you feel good about putting in the effort to lose weight, to motivate you towards success.

Before you move on to the next step, have you [put your goal on paper](#) and made it official? Did you know that only 3 % of people write down their goals, and of those 3%, 80% of them eventually achieve them? Are you one of the 80%? Writing down your goal is your declaration that **You Want It!**

\*\*\*\*\*

This is my personal experience on the importance of writing down a goal on paper using the S.M.A.R.T method versus leaving it in my mind:

I used to weigh 91.6 kg (~ 200 lbs) when I was in Junior College (17-year-old) and I get laughed at my friend for being heavier than his house's fridge and washer. I got upset and decided to lose weight to stop these teasing. However, my goal wasn't specific (no final weight target and no deadline to reach the target) and I didn't write it down. Hence, I did not see any progress in shedding the extra pounds off me and it began to become frustrating. It was then I read about putting my goal on paper and making it official and decided to give it a try.

I wrote down this goal: "I will be 10 kg lesser than what I weigh now, and I will track my weight weekly to ensure that I'm on the right track." I then proceeded to make a draw a table so that I can write my weekly weight on it. Subsequently, I put up a weekly plan on my exercise routine and made sure I followed it religiously. I also controlled my daily food intake...

It was tough in the beginning, but it gets easier as the days went by, and when I see results.

Eventually, I achieved my goal in slightly less than a year, and I continued with my exercise regime for another 3 years, reaching a healthy weight of 72 kg (~ 160 lbs).



*Hitting my goal of losing weight from 91.6 kg to 72 kg*

## STEP 2: UNDERSTAND WHERE YOU ARE & WHAT YOU NEED TO DO

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After you have your list of goals written down, carefully examine where you are right now in terms of your goal. You need to know your current position in order to plot the most advantageous & direct course to your destination. With a clear starting point, you can then head in the right direction. Making a plan is much like mapping your route for a road trip; if you have no idea where you are, there is no way to navigate to your destination.

Once you have an idea where you currently stand, you have to know what you need to do to accomplish your goal. Here are some questions to facilitate this process:

- What resources can you source to help you move forward?
- How can you improve the skills you'll need and build on the strengths you already have?
- Are you willing to do things out of your comfort zone in order to reach your goal?

Be prepared to learn and never stop learning! Studies have shown that great achievers are constantly learning, and they tend to have an insatiable desire for knowledge. You do not need to physically go back to college to learn as there are now various channels to do so. Often, what you need to succeed personally or financially is not learnt in a university degree! Search for personal and financial development training programs, and equip yourself with the knowledge and tools you will need to become successful. Search the internet, find the best learning programs, read books – just [learn, learn and learn](#). Invest a little in educating yourself as this will help you achieve your goals.

“If you are not investing in personal development, you may be limiting your true potential.”

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In the second year of my undergraduate study, I was heavily involved in the University's Sports Club, organizing sports events for the students and the public, and neglected my school work for a semester. As expected, my academic results didn't turn out well.

So, in order to fulfil my goal of achieving academic excellence, I knew I had to make some changes to my life: I simply could not juggle

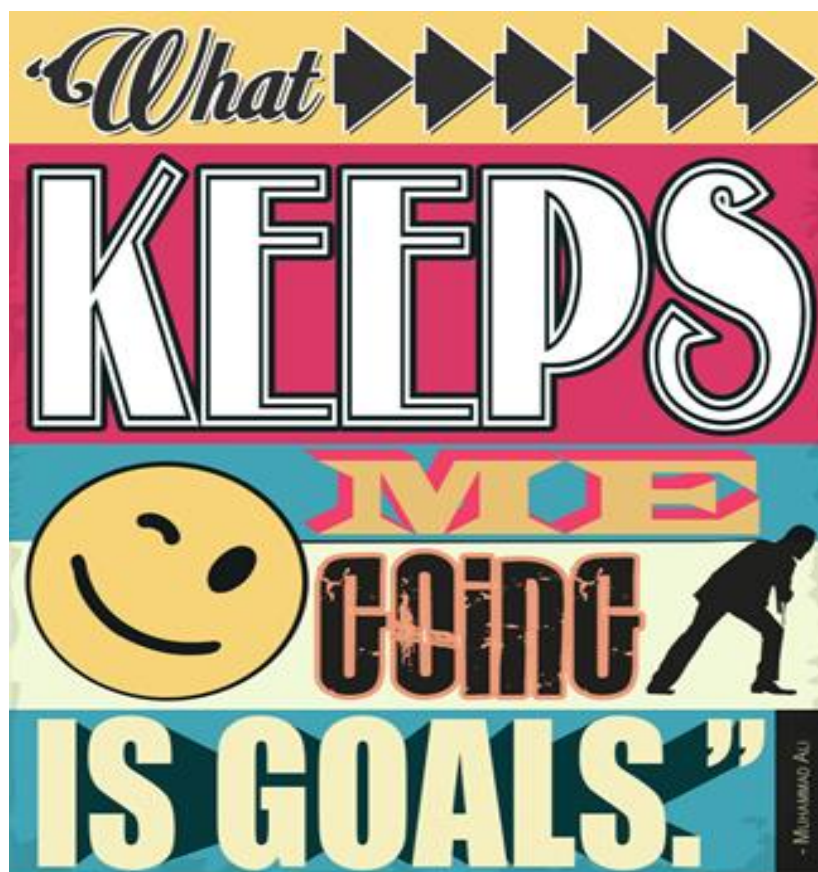
between my studies and my involvement in Sports Club activities, thus I made a clean break with it and **focus** on my studies for the rest of the two years in University. In the process, I disconnected with a couple of friends who misunderstood me for being self-centred, but I guess the decision was still worthwhile because I knew even if I had stayed on, I wouldn't be 100% committed to the activities and I wouldn't have gotten First Class Honours for my degree. That, would be a lose-lose situation.

Therefore, if you think that you could only handle one goal at a time, then you will need to F.O.C.U.S on it – follow one cause until success...



## STEP 3: BREAK BIG GOALS INTO CHUNKS

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One of the biggest issues regarding setting goals is to keep them at a high level. We all want to accomplish things in life. As mentioned earlier, setting goals that are too general is going to make it difficult to accomplish them. It's also going to be difficult to measure how you are doing. Therefore, the third step in goal setting is to break big goals into chunks.

Think of the chunks as action items. These actions are measurable units that you put to milestones. For instance, instead of having a general goal statement as "Increase sales 25% by the end of the fiscal year without increasing advertising spending" which might seem like a monumental task, break it down into smaller detailed steps. You need to set the action

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steps in a way that holds you accountable. Otherwise, they won't get accomplished.

Write your action steps down on paper, together with the list of goals you prepared earlier. This is now your dreamboard. Make sure it is put in a place where you can view it every single day. It's fine to record them electronically as well, although some people find it difficult to keep both the paper version and electronic version in sync. It's personal preference. If you feel you can succeed with just one or the other, that is the way to go.

When you [break your goals down into action steps](#) and find they are not within your ability or skill set to accomplish within the specified periods, rework them until you find the right mix of actions. Making the goals and actions too difficult will set yourself up for frustration when not being able to accomplish them. Goal steps should be positive and not used to list obstacles that must be overcome which focuses on the negative. Negativity can kill motivation but there is power in positive thinking.

Although defining goals is important, creating action items related to those goals is the key to making them a reality. It is much easier to perform smaller chunks of work than it is to wing it towards whatever goal you are striving for. Furthermore, steps also allow for tracking of progress towards the goal.

“A Dream is just a Dream. A Goal is a Dream with a Plan and a Deadline”

\*\*\*\*\*

My friend, JJ, is a research fellow working on antibiotics development. His work contract is renewed on a yearly basis and

subjected to availability of grants to fund his position. Therefore, his job was kind of unstable and he was worried about his future. His goal was to find a stable and sustainable passive income source before his work contract was up for renewal in 10 months time.

It was as if the law of attraction was working its magic, he got to know a distributor of essential oil who shared with him the amazing properties of their therapeutic grade oils and natural supplements. As a scientist, he verified that whatever the distributor claimed was true, and he decided to become a distributor as well. He had an additional goal now: to create awareness for this natural remedy, reducing our reliance on antibiotics. And being a distributor will allow him to fulfil his goal of having a stable and sustainable passive income! Hence, he put in his 100% commitment in achieving these goals.

He broke his goals into action steps; to create awareness, he organized workshops and roadshows to educate the public. He also prepared flyers and placards to distribute during these events so that his participants can refer to them whenever needed. He made the effort to follow up with interested parties at these events to share more about the business model with them.

His efforts paid off. Within two months, he managed to recruit a team of six like-minded people to spread this awareness and expand this business. With a team now, he is able to organise bigger workshops and more roadshows within the same period to capture a larger audience. In addition, he now has a website and a Facebook page to share information on the essential oils online.



His result is a huge motivation for me. For someone who knew nothing about marketing, doing workshops, and planning roadshows to successfully completing all these activities within a matter of a few months is no easy feat. It was possible because he had a concrete and specific plan, as well as a willingness to learn new things which could help him succeed in achieving his goals.

## STEP 4: CREATE SUCCESS MANTRAS

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Reinforcement in any manner is a powerful tool for changing yourself. Therefore, it follows that incorporating daily success mantras will help you succeed in achieving your goals. The brain reacts to consistent stimuli and by having a set of [success mantras](#) on a daily basis, you will train your brain.

Mantras, or what many would refer to as affirmations, are sayings or phrases that you repeat to yourself so that they become part of you. You can say them during meditation or throughout your day. Whichever way you choose, make sure you recite the affirmations out loud. This is because you use more of your senses when doing so. If you simply repeat them inside your head, your ears won't hear them, and your mouth won't speak them. By engaging more of your senses, your brain will capture and process the mantras quicker.

This type of [positive self-reinforcement](#) works. People often try them for a couple of days or weeks and then pass them off as not working. It takes about 30 days for them to start sinking in. Once they begin working, continue with them daily for even better results.

Some people like to use the same set of mantras each day while others will use one success mantra and change it every day for the 30-day period. You may also find a different set that works better for you. How you decide to do it is not as important as being consistent. That is the key to making this work.

You will find people who don't believe in this and will think you are crazy for trying it. This could be members of your family, friends, coworkers, or even members of online communities. Don't let them control you. Using mantras is something that can help your life. You will have the last laugh. One thing you can say to the naysayers is how can saying mantras repeatedly hurt? Even if they don't work, they certainly won't harm anybody by using them.

You will find plenty of [resources online](#) if you are stuck trying to come up with mantras to use. Simply do a search on success mantras and use whatever time frame you feel you want to include. Daily is best, but as long as you are consistent, you could make every other day work or even weekly. Any more than that, though, and you probably will lose the effectiveness of the mantras. You want to train your brain, and that requires frequent affirmations and repetition.

Create your own success mantra now and place it next to your dreamboard.



To get you going, I have prepared a sample of success mantra, just for YOU!

## *Daily Affirmations for Successful Goal Achievement*

- 1. I believe in myself and my ability to succeed.*
- 2. My mind is free of resistance and open to endless opportunities.*
- 3. I am enjoying my work today and optimistic about the coming days.*
- 4. I recognize every new challenge as a new opportunity.*
- 5. I am committed to achieving success in every aspect of my life.*
- 6. My goals are in perfect alignment with my personal values.*
- 7. Something wonderful is happening to me today.*



## STEP 5: FIND AN ACCOUNTABILITY PARTNER

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Now that you have written down your goals, with detailed action plans and a set of success mantra to keep you moving forward, you will require one last thing before you start taking actions – an accountability partner.

Humans are social animals by nature, and sharing your goals with someone who can give you help and support is a highly effective way to increase your chances to success. Even though we might be clear of our goals, it would be easy for us to let go of one or two of them if we do not share them with anyone. For example, you are more likely to keep to your aim of going to the gym (to fulfil your goal of [losing weight](#) / [muscle-building](#)) if you had promised someone to work out together at the gym,



as you are likely to feel really guilty if you do not keep your promise. This is backed by research studies which showed that having a partner or “exercise buddy” can be exceedingly effective at ensuring we will actually work out, not just talk about it. Therefore, you will be less likely to lose sight and fail in achieving our goals if there is an accountability partner who will keep you in check from time to time.

Establishing an accountability partnership is relatively simple; you just have to follow these procedures:

1. Look for someone you trust to be your accountability partner.
2. Tell them about your goals.
3. Let them know specific actions that you intend to take to meet your goals, as well as consequences/rewards for taking or not taking them. Be as detailed as possible.
4. Set up regular check-in times with your accountability partner (this can be in the form of text message, phone call, or meetup) to ensure you are making good progress.
5. Revisit goals and strategies every once in a while to make sure you are on track.

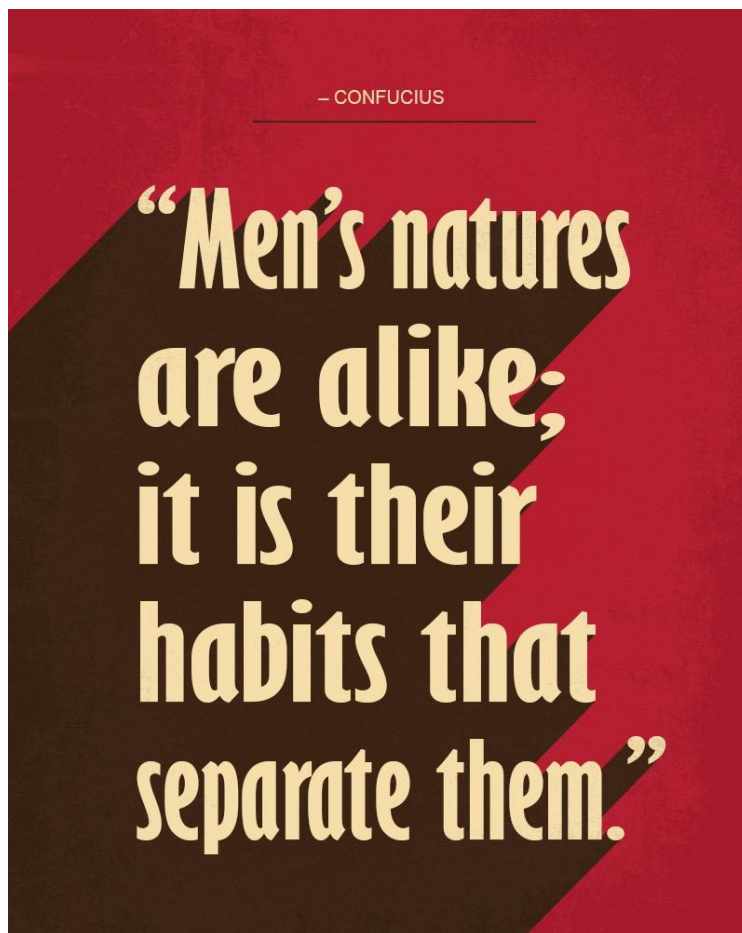
It is important to reiterate that the accountability partner that you are going to find should be someone whom you can trust, not just any Tom, Dick, or Harry. The partner must be honest with your progress and will be there to push you on your success journey that you set for yourself. It will be easier if the person share similar goals or is able to relate to what you are trying to achieve. But most importantly, your partner has to be

committed in helping you succeed. At the end of the day, we are much more likely to take action when there is someone around taking notes and tracking our goals, coaching us and cheering us on along the way.



## STEP 6: TAKE ACTION & STAY COMMITTED

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With the necessary plans and support in place, you can now manoeuvre towards your goal. It is always easy to say that you are going to do something, but actually doing it is another story. This is analogous to people who make the same New Year’s resolution of losing weight every single year, but failing / refusing to take any actions to make it happen. “The first step is always the hardest”, so says everyone. Hence, be brave and take it, even if it is a baby step. Second guessing yourself, missing opportunities and being hesitant will only delay your eventual success.

Once you get yourself moving towards your goal, keep reminding yourself to enjoy the journey along the way!

As your journey proceeds, you need to put in 100% commitment until you attain your goal. Commitment creates more accountability and is what sets us on direct course to reach our goals. Making a commitment might be something like having invested your savings in your new business which you suffer costly consequences (lose money) if it fails. When you are fully committed to your goal, you will give yourself no excuses, only results. You will be disciplined in carrying out your action plans, and there is no debate in your head. You will move forward every day no matter what the circumstances are.

Here's a small exercise to reinforce the power of commitment:

Say the following sentence to yourself: "I'm going to try to \_\_\_\_\_"

Now say "I'm committed to \_\_\_\_\_"

Which feels more solid and more likely to happen? To achieve any goal, you need to COMMIT yourself to achieving it, and be committed to putting in ALL the necessary time, energy and money to get there.

"Do... or do not. There is no try."

## STEP 7: CONTINUALLY MONITOR YOUR PROGRESS

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Besides staying committed to achieving your goal, there is a need to constantly check your progress and ensure that you are still on track. Make it a habit to ask yourself regularly: “Am I getting closer to my goal? Is my action plan working or does it need adjustment?” You can do this yourself or with together with your accountability partner. If the answer you get is “I’m not sure”, then you are not really making progress and you need to do something about it.

[Make a checklist that charts your progress](#) so that in times when it seems like your goal is too far out of reach, you can look at your progress checklist and visually see how far you have come, and how much closer

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you are to your goal. Alternatively, keep a written journal of your activities and goal setting performance to track your advance towards the target.

All goals due in the next year should be reviewed at least once a week and daily if possible. The great thing about frequent review is that it forces us to make big decisions and determine priorities in our life. We should keep watch for goals that are not being achieved on time or for goals on which we keep extending the deadline.

“There are only two options: Make progress or make excuses.”

## STEP 8: DON'T BE AFRAID OF FAILURE

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The remaining steps towards achieving your goal are to [develop the correct mindset](#) required. For a start, you need to stop being fearful of failing. The fear of failure is what keeps a lot of people away from becoming successful. Instead, learn to embrace it; bear in mind that you could learn something from this temporary setback, and you will definitely be closer to the right path towards your goal after this.

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Life is full of challenges that need to be dealt with. Sheltering yourself from facing those challenges only puts them off to deal with later. It's rare that deferring them will lead to a positive outcome. Confronting them will make you a stronger person and preventing situations from building to a point of being unmanageable.

George Edward Woodberry once said, "Defeat is not the worst of failures. Not to have tried is the true failure". Therefore, do not be disheartened when faced with hindrance, but be glad that you took action. It takes courage to break through and face that which you are afraid of. But, you will often find others who have either gone through what you are going through or are looking to do it. Forming support groups can be a great way to help each member with the situation. It is recommended this support group consist of a good network of positive people who can encourage you as you work towards your success. This is also the point where your accountability partner can cheer you on and ensure that you do not give up. People will say discouraging words, discouraging things will happen around you; but it is only you who can let that get to your mind and affect you. Stay positive, and you will get there eventually.

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."

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In my workplace, it is very common for us to face failure. Our experiments fail half the time because there are so many uncertainties involved. But we've learnt to face it positively; we know that failure does not equate to waste of time and effort, because we could gather learning pointers out of the failed experiment, and not repeat the same mistakes in

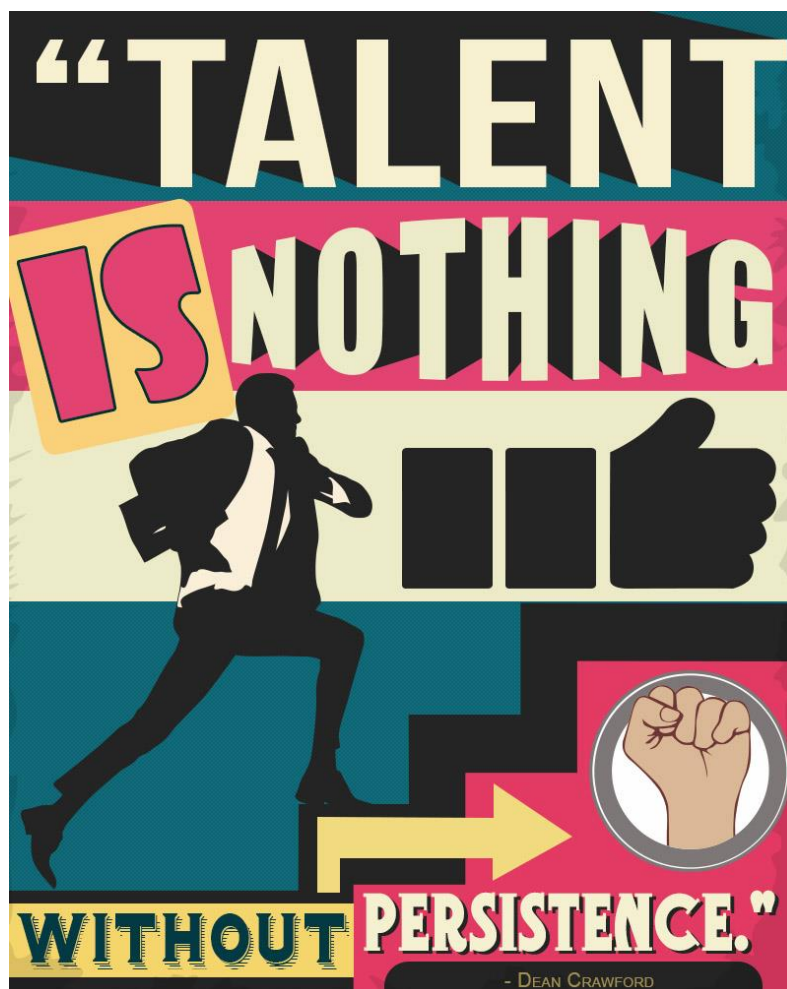
the future. If we had not attempt the experiment in the first place, we would not be able to make progress.

Because I was not afraid of failure and did not give up after failing a few experiments, I managed to publish [several scientific articles](#) on my research work and made my little contribution to the scientific community.



## STEP 9: EMBODY PERSISTENCE

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“Practice makes perfect.”

We’ve heard this mantra since we were kids. But to be more specific, the key to master anything is to embody persistence. You can practice something once every two months and not get very good at whatever you are doing. On the other hand, persistence will almost always deliver results.

Having clearly laid out the goals you want to achieve, you will need to persevere to the very end in order to succeed. Losing your focus is one

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of the surest way to sabotage your success. With all the modern day distractions like video games, the internet, television, it can be a difficult proposition to keep focused on persistence. Putting aside those distractions will free us of our limited time, so that we can become better at something we have dreamed of in the past, or work towards that goal you set.

Many people believe that if you really want something, you will do whatever it takes to make it happen. High achievers will accept this notion and are willing to do all the necessary actions to accomplish their targets. They will not view the work as something to dread, despite being humans and can feel exhaustion too. Usually, this happens from being persistent, and you should work yourself towards this attitude.

Jack Ma, the Founder of e-commerce company Alibaba, is one of the many successful persons who embody persistence. He faced a series of closed doors and failures while growing up, be it when he was trying to pass college or when he faced rejections while applying for different jobs – more than 30 times. However, he refused to be dissuaded and never stopped believing that his excellence lay elsewhere. Now, his persistence paid off, he turned from a worker who earned \$12 a month to a multi-billionaire. His advice to budding entrepreneurs and others with a big goal is “Never give up. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine.”

It's important to strike a balance between being persistent and being too pushy. It might be wonderful to want something and do whatever it takes to get it. However, if you are encroaching on others personal space or even their rights, you may have to take a different approach or back off and find another way. Yet, this does not equate to backing away from

something you desire. If you have just as much right as anyone else to pursue it and using persistence is the key to getting it, then you should go for it. For instance, your goal might be to get a promotion at work. Your persistence would then be the aspect that makes you stand out above the others.

People can also persist with bad habits or unwanted behaviors. In this case, it's best not to embody persistence and try to deemphasize the negative behavior or traits. One great way to do this is to replace these negative aspects with positive ones. The effort is the same. But the results will be well worth the switch.



## STEP 10: CELEBRATE YOUR SUCCESS

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I think this final step is easy to comprehend and does not require any detailed explanation. After working hard to reach each milestone which you have set for achieving your big goal, you ought to acknowledge the completion and reward yourself. This is because celebrating each small victory acknowledges your successes and keeps you motivated and focused. The positive energy of success will enable you to keep moving forward.

“Don’t wait until you reach your goal to be proud of yourself. Be proud of each step you take toward reaching that goal.”

However, you should not stop at just celebrating. Evaluate how well you accomplished the action steps as it will go a long way in helping you meet current and future goals. If you find you were stumbling on some of

your action items, determine why and see if you can learn from them and improvise future action plans. It is at this point you can recognize if you were too aggressive with the plan, and determine whether you need to seek alternatives in the future.



## CONCLUSION

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There you go, 10 simple yet effective steps to achieve your life goals.

I hope that what you have just read over the past 60 minutes had **added massive value** to your life and you will start applying the steps I shared in the eBook in the next goal you are about to attain. As mentioned earlier, I had personally followed these steps to fulfil some of the goals that I set over the past few years, which includes shedding 10 kg (22 lbs) over the course of a year through [healthy dieting](#) and regular workout!

“What’s next?”, you might wonder. Let me assure you that this Goal-Mastery guide is just the beginning of your transformation towards continual success in attaining your life goals. I believe that we’ll achieve our life-long dreams as we uplift and encourage each other down this journey of success together! Do look forward to my next newsletter to your inbox as I share with you more tips on goals manifestation and ways to develop the positive mindset in your life! In the meantime, I have researched and compiled some helpful resources that I think may very well assist in your next breakthrough! Feel free to check them out and get them if you find them useful.

But before you proceed, I will like to share with you these quotes on success:

“Success isn’t a result of spontaneous combustion. You must set yourself on fire.”

“What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.”



“A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”

Go get it, and be successful in achieving your life goals!

Cheers to your upcoming success & joy,

**BILLY TEO**

Founder & Chief Success Officer

<http://billyingteo.com>



## RESOURCES

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### Resources for positive mindset



#### [The Ninja Mindset](#)

Learn ancient ninja secrets on how to destroy negativity, self-doubt and fear, so that you can achieve more success in your life.

<http://billyingteo.com/ninjamindset>

#### [Manifestation Miracle](#)

Manifestation Miracle not only provides you with proven tools for success, it guides you step-by-step on how to manifest anything you want into your life.

<http://billyingteo.com/manifestmiracle>

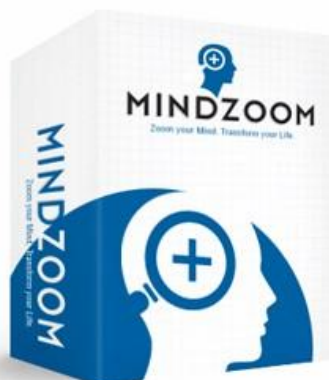


#### [Mind Zoom](#)

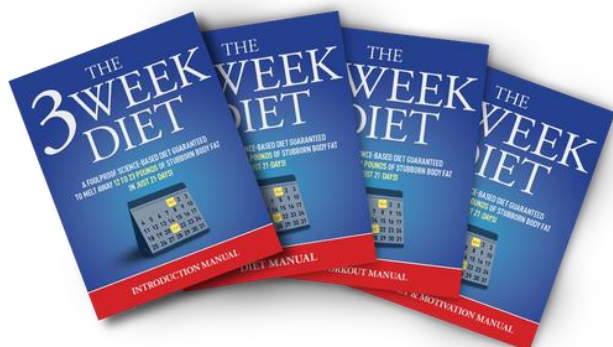
A powerful mind mastery program that can train your mind to stay focused on your goals until you achieve them.

<http://billyingteo.com/mindzoom>

- Remove bad habits
- Learn 5 times faster
- Eliminate fears and panic attacks
- Improve your social skills
- Enhance your physical abilities
- Achieve any goal
- Help your body heal
- Discharge stress
- Enjoy your life!



## Resources for weight management and healthy body



### [The 3 Week Diet](#)

Is losing weight one of your goals right now? If your answer is YES, this 3 week diet system, which is based on a fool-proof, science-based diet designed to melt away stubborn body fats, might be a useful tool to help you achieve your target.

<http://billyingteo.com/3weekdiet>



### [Shapeshifter Yoga](#)

The shapeshifter yoga program teaches simple, gentle but effective yoga moves that will help you firm and tone your body, increase your flexibility, suffer less pain and discomfort, and also improve your sex life.

<http://billyingteo.com/yoga>

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## Resources for relationships and dating



### [The Ex Factor](http://billyingteo.com/exfactor)

If you still love your ex and desire to win him/her back, but have no idea how to go about achieving that goal, then this guide is the only manual you need to succeed. Suitable for both men and women, it is the most comprehensive and most effective guide in the market now, and even features hundreds of real-world examples on how to apply the techniques taught.

<http://billyingteo.com/exfactor>



### [Save the Marriage](http://billyingteo.com/savemarriage)

Anyone is capable of transforming their relationship, you just have to take action and be committed. Discover how to salvage your marriage with this step-by-step guide that has a high success rate, and get your relationship back to life now!

<http://billyingteo.com/savemarriage>

