If it is not done properly, it can take not just days, but weeks, even months of work. However, there are some things that can help a person to achieve their goals.

There are a few things that can help me achieve my goals. It may even help some other people. I can write down the goal and some ideas that are connected to it, and then write the steps that can help me go further on achievement of the goal. Then, I need to keep that goal to myself, or mostly to myself. From what I have heard, telling somebody about a goal slows down the process of working on it, but sometimes it can be hard to not tell anyone about it, so maybe telling one person about it would not hurt.

Now, about working on a goal. Working on it everyday can speed up the process, but it is better to take a break every few days. Overworking can burn you out mentally and emotionally and that is something to avoid. However, taking a break can sometimes be pretty hard to do for me because I tend to hyperfocus while I am doing something. That is not everyone's problem, but some other people can also be like that, and the only thing I can advise is just trying to take a break anyways, even if it seems difficult to do.

To sum eveything up, there are a few things that can help a person to achieve their goal, like writing things down, not telling other people about a goal, working on it every now and then and taking breaks.