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Are there any specific things that could be done to achieve somebody's goal? In this essay I will try to express my opinion on this issue.

I am certain that the first thing everyone has to do to achieve his goal successfully is the most specific goal setting. I also assume that a person should target a goal by writing it with a pencil or a felt-tip pen on a piece of paper. I got such an opinion after reading a collection of articles about psychology. The point is that there are a lot of psychologists who are absolutely sure that writing goals into special notebooks may specify them and that it also helps to remain them in human's consciousness.

Moreover, psychologists usually say that fixed goals encourage people to keep the goal in focus of attention.

To my mind, writing your goals on a piece of paper may also help you to start feeling much less nervous. This happens just because the brain will spend less energy to keep the target in focus.

It is advisable to write little goal steps as well.

I also think, that it is very important to improve time management skills because this will help everybody to increase productivity. For example, when you are going to start doing some important thing, it's better to turn off a cell phone or at least turn off notifications of new messages. This will help to save the time. Also it helps to stay focused in a distracted environment.

As far as I'm concerned, it's also important not to tell others many details about what your goal really is. As I know, telling everybody about your plans contributes to the fact that, unfortunately, your dreams will never come true! This happens because the person gets a social reward before his goal is really achieved. And it reduces his motivation!

I can combine specific things that should be done to achieve a goal into a list. So, the most important of them are: setting a specific goal, planning individual steps, improving time management skills. To sum up, there are a lot of little things I should think carefully about before I would be able to succeed and to reach some long-awaited and desired goals.