I, as all people, set certain goals in life. My goals, depending on the timing of implementation, are divided into short-term and long-term. When planning them, I visualize the final result in advance in my mind. It's mean what I want to receive as a result.

In order for a goal or dream to become a reality, you need to really want it.
The second important point for me is planning, i.e. make a step-by-step plan, the implementation of which will lead to the achievement of the intended goal.
Any goal can be divided into smaller ones. These will be small goals, steps.

The reward is a great incentive to work on goals. Ideally, however, the process of achieving the goal will be a reward in itself.

I also need to track progress. There are studies that prove that tracking progress towards goals improves well-being and increases happiness. Assessing my results, I can understand whether I am moving in the right direction. It gives even more motivation.

In pursuit of the goal there are also falls. I try to mentally prepare for them in advance. I can lag behind my plan for various reasons: illness, other matters, difficult circumstances. I do not allow failures to distract me from the main thing. You also need to make a commitment to achieve the goal, otherwise it's easy to abandon it in difficult times, and they will certainly be.

If you have the opportunity to work on your goal with other people, it helps a lot and it becomes easier to go the way. Let it be chaotic, but in this way it will become easier to motivate each other.

Fulfillment of all points of the plan is mandatory for me, otherwise deviation will lead to the fact that the deadline for achieving the goal may be slightly delayed.