

These are 7 common mistakes that prevent you from achieving your life goals

That is the first mistake that most of us often make when fulfilling our life goals. Join us to find out 7 common mistakes that prevent you from achieving your life goals!

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David Foster Wallace once said:

" Most obvious, có h?p l? có có tr?ng nào c?n thi?t ?? xem và talk about. "

" The most obvious and most important facts are often hard to see and talk about. "

That is the first mistake that most of us often make when fulfilling **our life goals** . Saying that you don't have a general idea or even a big vision of how your life opens up. But many of us tend to get lost in the daily turmoil of life, waiting and hoping things will get better. We choose to rest in glory instead of acting to recognize and learn from the mistakes we have made.



Here are **7 common mistakes that can prevent you from achieving your life's goals**. And more importantly, how to correct those mistakes if you realize that you are committing a crime.

Pursuing too many goals at once

In most cases, setting a high vision is a good thing, but when setting a life goal, there is something called " *too much* ". Having **too many goals** can distract you and prevent you from achieving the results you want. Tips for you: Keep things simple. Set one or two life goals for each part of life with the most important things (family, health, occupation, .)

Set unrealistic and unattainable goals



This is a common mistake that people often make: **setting completely unrealistic goals** . Of course, it is not that you should not set high and ambitious goals, but make a reasonable calculation. Saying " *I want to be a billionaire* " will definitely make you feel disappointed. Set goals that you truly believe you can achieve in life. Don't focus too much on material things. Do you like: a spouse who is a close friend and child growing up, contributing to building a richer country . or a millionaire without friends and family? Set goals based on people and things that you value in life.

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Just think of the final result



If you only focus on thinking about what to expect at the end of the road, you will miss interesting things happening along the way. In other words, the path to achieving the goal is a beautiful journey. And often that journey is the most complete part. In the blink of an eye you can miss it. So **don't focus too much on the final result** . Instead, be aware that small moments on the journey will make you smile.

Excessive focus on the past



Each of us often gets mentally stuck to what has happened in the past. The problem here is that life will become more interesting when you realize that you have the ability to dream, wonder, create, build, transform and love . right now. Leave the past behind and focus on the present. It is a miracle that you live and breathe. So cheer up and leave behind what happened in the past. You don't need to think about it anymore.

Nurture negative thoughts instead of positive



Fate is not a matter of opportunity but it is a matter of choice. Every achievement and failure in life is a direct result of your thoughts. Trusting yourself is the most important factor in achieving true goals and happiness. So look up at the stars in the sky instead of looking down at your feet.

Do the same thing over and over again



Change is the only thing that remains constant in life. If you get stuck in a mud pit, even if you try to work, it won't work. Yes, you're probably working "like crazy". But ask yourself a difficult question: does it produce the results I am looking for? If not, it might be time to go in another direction. The road to the goals is always an effort, adaptation and change until you find the best way to build a better life.

No action plan to achieve the goal



Many of us often focus on tactics and tricks rather than **creating specific action plans** . The truth is we can provide you with a list of mistakes and advice, but unless you plan your actions to help achieve your goals, you will find yourself over and over again with them. a mistake. Here's how you should do it: divide your goal into milestones so you can manage it easily, the goals you want to achieve each year, every month and every week. If this way seems too much to do, you're right.

According to Antoine de Saint-Exupery, " *the goal without a plan is only a wish* ." So set goals today and start planning actions to take. Then sit back and enjoy the journey.

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