

## Get in Shape and Build Muscle Fast with Proper Goal Setting

Goal setting is one of the greatest keys to success of all time. Think of goals like road maps. If you don't have a destination, how will you get anywhere? When you know exactly where you want to go, it is much easier to plan out and execute. Goals, especially when written down and given a deadline, build your motivation and persistence. When you can picture yourself in the future of how you want to look and when you want to achieve it by, it will create a burning desire and faith to achieve it. So how should you set your goals to get in shape and build muscle fast? One of the best methods of goal setting is a formula taken from Napoleon Hill's fabulous book, *Think and Grow Rich*. It consists of six steps:

**Napoleon Hill's Six Step Formula for Success**

Step 1: Define exactly what it is you desire  
Step 2: Determine exactly what it is you intend to give in return for your desire  
Step 3: Establish a definite date when you intend to accomplish your desire  
Step 4: Create a definite plan of how you will carry out your desire  
Step 5: Write a clear and concise statement of exactly what it is you desire, what you intend to give in return, how you plan to carry out your desire, and the exact date when you intend to accomplish your desire  
Step 6: Read allowed your written statement at least twice daily, once in the morning, and once before going to bed

Let's go with the above example of wanting to gain 25 pounds of muscle and plug it into these six steps. You will notice I use the word "will" instead of the word "want." This is because wanting something implies you may not get it. Saying that you will get something forces your subconscious mind to act accordingly. This may sound silly or ridiculous to those who are new to this type of concept, but trust me, it works!

**Example:**

Step 1: I will gain 25 pounds of muscle  
Step 2: I will commit myself to weight training and proper dieting consistently until my goal is reached  
Step 3: I will reach my goal on June 1st, 8 weeks from today  
Step 4: (Here, for instance, will be the workout program from my book)  
Step 5: "By the first day of June, 8 weeks from today, I will have an additional 25 pounds of muscle on my body, which will come to me throughout the 8 week period. In return for this new muscle, I will commit myself to weight training and proper dieting consistently until my goal is reached. I believe that I will gain this muscle. My faith is so strong that I can picture myself exactly how I will look with it." By following this proven formula for success, you will be engraving in your subconscious mind what it is you intend to accomplish. When it is really ingrained in your subconscious mind, it will create a state of faith and desire that is so strong that nothing can stop you. Writing your goals down is always much more effective than just keeping them in your head. When you have a goal in your head, it tends to have more of a wish or hope effect, aimlessly floating around within your mind without any sense of urgency of action. When you write it down, you give it concrete form, you make it tangible. The difference between dreams and goals is that goals have deadlines. When you write your dreams down and give it a deadline, you have created a goal; you have created urgency, something you can begin moving towards right now with whatever tools you have to work with. If you truly want to get in shape and build muscle then start writing out your goals today. Follow this formula for goal setting combined with the correct work out routines for muscle building and the battle will already be half fought.

### About the Author

Muscle building and bodybuilding programs, fat burning, thermogenics, bodybuilding diets, supplements and fitness.

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