



15 Things You Don't Have Time for When Pursuing Big Goals

Big goals require commitment and focus. You don't have time for the things that people with mediocre results spend their time on. There are things you have to be willing to give up. **Fortunately, if you're truly committed, these things are easy to avoid.**

However, they can be great distractions if your commitment is lacking. Setting goals that excite you is tremendously helpful.

Be prepared to give up a few things if you want to accomplish big goals:

1

WORRYING ABOUT THINGS YOU CAN'T CONTROL

Ask yourself what you're accomplishing by worrying about things outside of your control. You'll find that worrying never solved anything.

WORRYING ABOUT THINGS YOU CAN'T CONTROL

2

WORRYING ABOUT THE OPINIONS OF OTHERS

People think about you less than you imagine. When you're trying to accomplish something challenging, you just don't have time to worry about what others think.

WORRYING ABOUT THE OPINIONS OF OTHERS

3

WASTING TIME IN GENERAL

Big goals require time, and you simply don't have time to waste on trivial things. Keep a record of how you spend your time for one day. **You might not be spending your time the way you think you are!**

WASTING TIME IN GENERAL

4

SURFING THE INTERNET

This is a huge timewaster. The time seems to fly by while you're watching a parakeet play the organ.

SURFING THE INTERNET

5

TV

Many highly successful people don't even own a TV.



TV

6

PLAYING ON YOUR SMARTPHONE

Spend one day without looking at your smartphone unless someone calls you. Notice how much time everyone around you spends looking at their phone.

Studies show that on average, please spend 5.4 hours on their phone every day, not including work-related phone use.

What could you do with 5 hours more every day?

PLAYING ON YOUR SMARTPHONE

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INTERACTING WITH THE NOISE OF THE WORLD

This goes back to worrying about things you can't control and wasting time. You can argue about Donald Trump all you like, but you're not going to change anyone's mind, and no one is going to change yours. **Keep the majority of your attention on the things that matter** in your life, like your relationships and your big goals.


INTERACTING WITH THE NOISE OF THE WORLD

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DOING THE EASY THING

The easy thing is rarely the effective thing. When you're hunting a big goal, **doing the effective thing is critical.**

Worthwhile goals are typically not easy. If they were, everyone would be slim, rich, and happy. Ask yourself: Which side of the fence do you want to end up in?



DOING THE EASY THING

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WORRYING ABOUT FAILURE

Really smart people also fail. The most successful people have failed many times over.

It's almost impossible to go through life without experiencing some kind of failure. People who do so probably live so cautiously that they go nowhere. Put simply, they're not really living at all.

Skip the worry. It takes your time and gives you zero ROI.

WORRYING ABOUT FAILURE

10

THE OPINIONS OF THOSE YOU WOULDN'T SWITCH PLACES WITH

For example, if you want to be worth a billion dollars, it would be wise to listen to the ideas of other billionaires. That probably doesn't include your mom, Uncle Jim, your best friend from high school, or your neighbor, Billy.

**THE OPINIONS OF THOSE
YOU WOULDN'T SWITCH
PLACES WITH**

11

TRYING TO BE LIKED BY EVERYONE

It's never going to happen. Again, avoid worrying about things you can't control. You could be the most perfect pianist in the world, but there are some people that hate the piano. That's life.

TRYING TO BE LIKED BY EVERYONE

12

PROCRASTINATION

Progress does not happen by itself. Action is required. There's no time to wait. Putting things off suggests that there's another issue lurking beneath the surface. Identify and rectify it.

Without that, nothing changes.



PROCRASTINATION

13

ALLOWING YOUR EMOTIONS TO GUIDE YOU WHEN LOGIC SHOULD PREVAIL

We tend to make choices that serve to decrease our discomfort. Also, we often make decisions in the heat of the moment. Emotions can lead you astray and keep you from considering the best action to take.

Use your knowledge and experience to make choices that support you and your goals instead.



**ALLOWING YOUR EMOTIONS
TO GUIDE YOU WHEN LOGIC
SHOULD PREVAIL**

14

REPEATING MISTAKES

Repeating mistakes is a waste of time. It's like trying to open a locked door over and over again.

Learn from mistakes and determine what you can do differently to avoid the same mistake.

REPEATING MISTAKES

15

SEEKING PLEASURE VERSUS SEEKING PROGRESS

Seeking pleasure doesn't lead to a good place in the long term. Pleasure-seeking tends to make you overweight, lazy and lost.

Take care to not create a bigger problem for yourself by training your brain with this bad habit.

SEEKING PLEASURE VERSUS SEEKING PROGRESS



Achieving big goals isn't just about what you do. It's also about what you're willing to give up. There will be things you simply don't have time for if you want to reach higher levels of success.

Look at the ways the average person squanders their time and avoid those things. Look at how you tend to waste your time and avoid those things, too. You don't have time for unsupportive behaviors when you're aiming high!

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