

Creating Regular Breakthroughs:

The 7 keys to achieving breakthroughs on your ultimate success path

Often, when I first speak with growth companies and individuals seeking higher performance, there is a misconception about how to achieve breakthroughs through appropriate goal setting and goal pursuit. Most companies and individuals understand the power of goal setting and have some key components for achieving regular breakthroughs in place. But, it is very rare that I find all 7 keys in place, aligned and creating power.

Implementing and aligning the 7 keys discussed in this article will dramatically increase your odds of achieving regular breakthroughs, not matter what you are focused on creating in your company or your life. When you take the time to truly understand and take action on these 7 keys, you will improve implementation and ultimately create the right regular breakthroughs in achieving your vision.

It is important to note that these 7 keys help you create regular, closed-loop learning opportunities to improve implementation of this breakthrough process. It is in these regular, closed-loop learning opportunities that the magic occurs and the real value is created. These 7 keys are not just a part of a checklist to be completed. They are a guide for activating the 4 key types of goals and engaging the hearts, minds, bodies, and spirits of those involved so that regular breakthroughs can occur.

7 Keys to Achieving Regular Breakthroughs

1. **Use 4 types of goals (Life Goals, Intermediate Goals, SMART Goals, and Breakthrough Goals – #2 through #5 below)** to guide your key actions and decisions. It is the inclusion of all four types of goals and their alignment that maximizes power and results.
2. **Set Life goals** - Mark Victor Hansen suggests that we should all have many goals, not just a few. I resisted this idea at first but have come to realize the power of having many life goals. Mark Victor Hansen specifically recommends 101 life goals. As Former College Football Coach Lou Holtz says “If you're bored with life - you don't get up every morning with a burning desire to do things - you don't have enough goals.” These long-range life goals are the **Magnetic Force** in your life.
3. **Use 3 to 7 year goals as targets in the right areas of your life and business.** These are your targets or intermediate goals that act as rubber bands in pulling you forward. They must be set correctly in order to create the right tension, but not break you. These intermediate goals are the **Physical Pull** in your life.
4. **Set short-term SMART goals to extend your current reality.** SMART goals are Specific, Motivating, Measurable, Attainable, Relevant, and Time-

bound. These drivers are extensions and improvements of the current reality and create believe in and momentum for growth. These SMART goals are the **Physical Push or Drive** in your life.

5. **Leverage the Breakthrough Goal to generate new energy, thinking, ideas, and improvements.** The breakthrough goal is neither a linear extension of the past nor is it a linear projection to the future long-term goals or future vision. It is the opportunity to tap potential or build capacity to create Magic for the organization or individual. The breakthrough goal is about creating **POWER** that amplifies the force of the other goals.
6. **Create alignment among the four types of goals and engage key partners, advisers, colleagues, and family members to support them.** Champions know the value of a strong support network to help them achieve their goals. Thus, they regularly evaluate and add to their key support network.
7. **Engage a Breakthrough Partner or Coach to help you set the RIGHT goals and create Magic around your Breakthrough Goal.** The right breakthrough partner or coach focuses on helping you create the right energy and generate the right options for moving forward. Others in your support network can help you with snap shots of your performance but a breakthrough partner or coach helps you deal with the dynamics of creating high performance.

If you implement these 7 keys correctly, you can experience **an exciting, rewarding, and strangely peaceful journey while creating regular breakthroughs in achieving your vision and living your dreams!**

About the Author:

The Champion's Coach, Jon L. Iveson, Ph.D., has spent much of the last twenty years learning, applying and teaching the components, strategies, and tactics of champions. To receive a **FREE copy of 36 Powerful Leadership Questions that Champions use to fuel their BREAKTHROUGHS**, visit www.ChampionQuestions.com. Also, visit www.LearningToBeAChampion.com to learn how Jon is significantly increasing the number of champions in this world.