Bravington Capital Reveal How to Transform a Goal into a Reality

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It's something everyone dreams of - taking their biggest goal and being able to fulfil it. However the process is often fraught with challenges and may fail to achieve their dreams. Bravington Capitalrecently offered their insights into overcoming barriers and achieving goals.

About Bravington Capital: http://www.bravingtoncapital.co.uk/who-are-we/

When dreaming leads to learning or self-improvement it can be incredibly beneficial, however for the majority of individuals, dreams often fail to inspire action and are destined to remain unfulfilled. Bravington Capital believes dreams and goals that are never followed through are a huge drain on mental energy and can have a negative impact on productivity and focus. The firm believe that it is this ability to focus on making a dream become a reality that separates the successful from the unsuccessful. Whereas some individuals look at their life, and imagine something good will happen to them, a successful person says, “I'm going to make something happen" and takes control over as many variables as possible to ensure they are constantly moving forward with making their goals a reality. Successful people are focused and committed to making positive changes in order to progress and fulfil their dreams. Bravington Capital understand that for some, the idea of making a dream a reality can be daunting, with many believing that their goals are simply too unrealistic and unobtainable. However the firm believe that when approached in the right way, even the most outlandish goals can be brought down within touching distance. Instead of looking at a goal as a complete entity Bravington Capital are urging people to break them down into more achievable chunks. To do this successfully the firm have identified six core steps that must be taken when in pursuit of a goal, and have outlined these steps below.

Step 1: Begin with the End

Individuals should identify what it is they want to accomplish and ask themselves: 'Where do I want to be next year? What do I need to do to accomplish these goals?' These answers will then become their map which will guide them through the skills and knowledge they need to achieve.

Step 2: Assess What You Need

Once a person has a rough idea of what it is they need to learn in order to progress, seek out the best avenues to gain the required skills and knowledge. Aim to improve understanding in these areas by at least 25%

Step 3: Create a Timeline

Once a person knows how and where they will source their learning opportunities they should create a timeline to chart progression. This process will allow them to maintain momentum and stay on the right track.

Step 4: Begin with the Most Important

Don't start with the hardest or easiest, start with the one task which will propel the idea furthest and help progress to the next stage of the goal the smoothest.

Step 5: Discover your W.O.W factor

To keep moving, set a W.O.W factor – Within One Week goals. Ask 'what do I want to accomplish or commit to within 7 days' to prevent getting stuck in the planning stage of the overall goal.

Step 6: Identify Your Limiting Beliefs.

No one is immune to doubt, but it's important to manage it in the best possible way. Identify any negative thoughts which could cause loss of power when moving towards the goal, and shoot them down by being clear on the positive outcomes it will produce. Taking action on a goal is a great way to boost self-confidence and can help overcome these limiting beliefs.

Bravington Capital is an exciting sales and marketing startup that specialise in face-to-face, personalised

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marketing campaigns. The firm believes that with effective goal setting, entrepreneurs in the industry can uncover amazing opportunities and realise their business dreams.

Company Contact:

Bravington Capital

E. info@bravingtoncapital.co.uk
W. https://www.bravingtoncapital.co.uk/

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