PG3 Commit to Achieving Goals in 2017

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Only 8% of people achieve the goals they set at the beginning of the year – PG3 is determined and committed to achieving their clearly defined goals for 2017 and as such is taking the necessary steps to ensure they do not fall victim to procrastination.

About PG3: http://www.pg3london.co.uk/about/

PG3 understand the importance of setting clearly-defined goals for 2017. Whether these goals include working out more, eating healthier or increasing personal savings, it's easy to fall into the trap of setting vague and unmeasurable resolutions. With statistics heavily focusing on a failure rate currently standing at 92%, the firm wants to share their top four tips on how to be part of the winning 8%.

TIP ONE - Keep it Simple.

Trying to tackle a full bucket list can become overwhelming. Change takes a lot of effort and time, and often people can try changing too many things at the same time and can struggle to maintain focus. PG3 recommends keeping resolutions lists small and focusing on points that hold significance to personal values.

TIP TWO - Make it Tangible

One major pitfall of goal setting can be that goals aren't measurable, for example - committing to eating healthier in 2017 is vague, however committing to not eating chocolate, fast food or drinking fizzy drinks can be easily monitored.

TIP THREE - Make it Obvious

Sharing resolutions can force accountability, whether it's with friends, family or broadcasting on social media. It makes the goals real and can help people gather support from those looking to help them find the motivation to follow through. PG3 is confident that people can benefit from to do lists, diaries and vision boards.

TIP FOUR - Keep Believing You Can Do It

As the weeks and months pass, people's commitment to the tasks at hand can start to waver. However statistically, people blame their lack of self-determination as their main contributor to failure. Professors, on the other hand, have found that willpower is a greater indicator of whether people will be successful or not. Self-belief is key to achieving goals in 2017.

PG3 is a trading name of AJG Direct. The firm is an outsourced sales and marketing company based in North London with market reach spreading across the UK. Specialising in direct sales and marketing the company design and implement personalised marketing campaigns on behalf of their clients' brands. PG3 connect with consumers on a face-to-face basis to encourage long-lasting and personal business relationships between brand and consumer. In turn, this often leads to increased customer acquisition, brand awareness and brand loyalty for their clients.

Source: http://www.forbes.com/sites/dandiamond/2013/01/01/just-8-of-people-achieve-their-new-years-resolutions-heres-how-they-did-it/#5203cf81304c

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