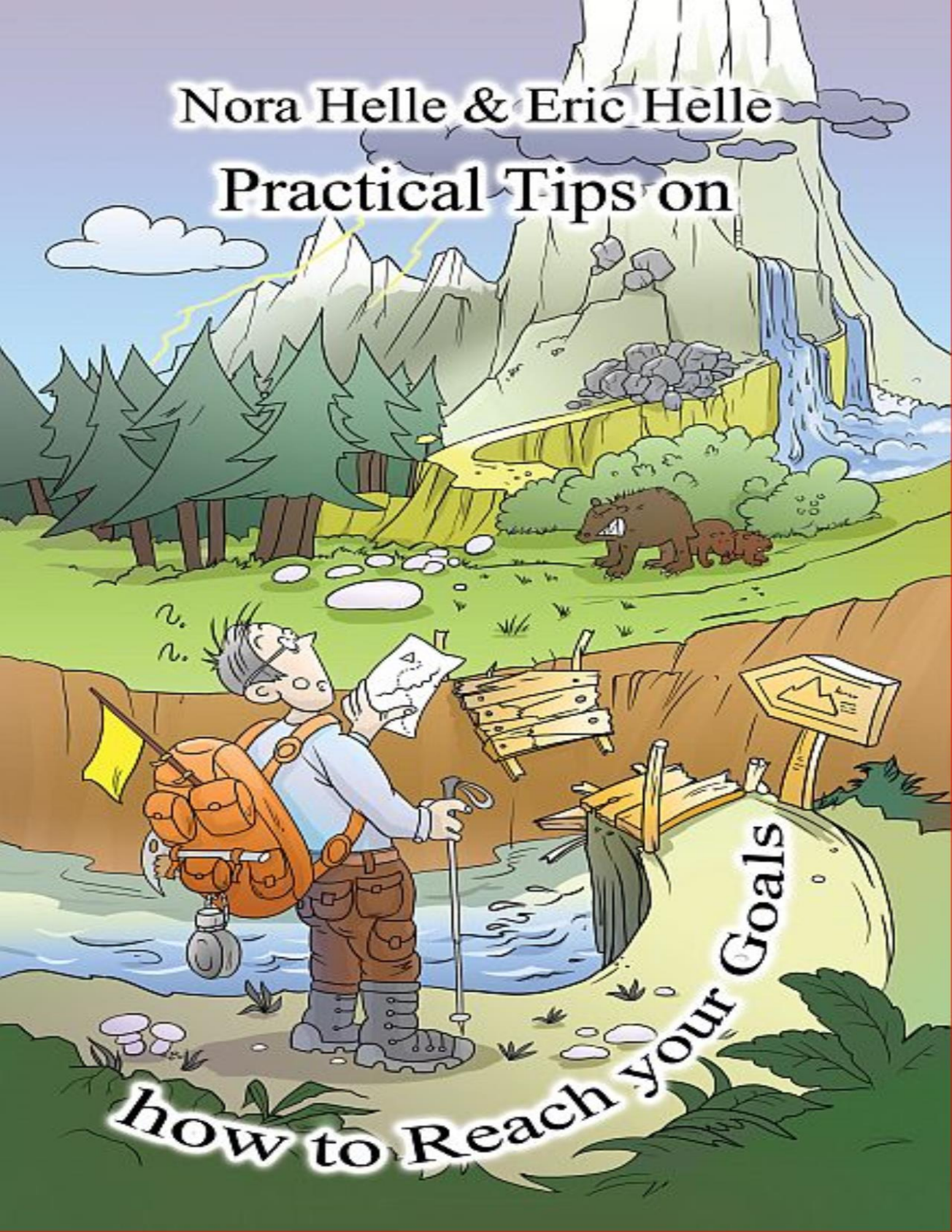


Nora Helle & Eric Helle  
Practical Tips on



how to Reach your Goals

**Nóra Helle and Eric Helle**

**Practical Tips,  
How to Reach Your Goals**

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What prompted us to write this book?

What is the exact meaning of the word “goal”?

1) SET ONLY GOALS ACHIEVING GOOD,  
CONSTRUCTIVE THINGS

2) ENSURE THAT YOU SPECIFIED YOUR GOALS  
CLEARLY, INCLUDING BY WHEN YOU WANT TO  
ACHIEVE THEM

3) BREAK DOWN BIGGER GOALS INTO SMALLER,  
MORE DOABLE STEPS AND WORK ON GETTING THESE  
DONE!

4) ENSURE THAT OTHERS ALSO GET INFORMED  
ABOUT YOUR TARGETS AND GOALS!

6) DO NOT GIVE UP JUST BECAUSE, ON THE WAY TO  
REACHING YOUR GOALS, YOU RUN INTO STOPS AND  
BARRIERS

7) NEVER UNDERESTIMATE HOW MUCH EFFORT IT  
TAKES TO REACH YOUR GOAL

8) USE THE BARRIERS PRESENTED TO YOU BY LIFE OR  
OTHERS AS A MEANS TO REACH YOUR GOALS!

What happens once you have reached your goal?

EPILOGUE

- THE END -