



# Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You

*Thibaut Meurisse*

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Set and Achieve Your Wildest Goals Now With The S.M.A.R.T.E.S.T Goal Method

## Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You Details

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## From Reader Review Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You for online ebook

### Warren Benton says

This is a nice short book that takes all the knowledge obtained from any self-help guru book out there and compacts it into an easily digestible format. Meurisse points out how most people spend their lives pursuing a goal that they don't really want. He also talks about how the value is not in the goal, but in discovering what really matters most to you. Vague goals are not easily obtainable. Meurisse gives an example of how our mind works with vague goals. Take 10 seconds to think of all the things in this world that are white. Now try to think of all the things in a refrigerator that are white. The point is when we actually focus on something with constraints like what's in a fridge we can probably come up with more.

A few more points that were good:

Sharing goals makes them now a part of reality and often times they will be less attainable.

Have you found goals that will be motivating you late in life?

Investing money gives you more incentive. Free things don't always motivate us (it was funny because I picked this book up for free)

Overall this was a nice enjoyable book with very practical ways to set obtainable goals for yourself.

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### Betsy says

*Narrator: Meral Matthews: Very clear, but not very engaging. A narrator with a little more inspirational voice might have been better for this book.*

*NOTE: I received a free copy of this in return for a honest review.*

I would give this 3.5\*. The book is sort of a compilation of different theories and exercises of different goal setting techniques. It laid them out with the exercises, which were very useful. But it was a little unfocused, "if this doesn't work, try this instead". The book was very helpful as a recap and reminder, but didn't give me new insights over things I've already learned elsewhere.

To be fair, I might have felt a little differently if I had read a hard copy of the book rather than the audio version. Jumping between the audiobook and the exercises I downloaded with not ideal for me.

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### Leslie Fisher says

This was a really good book, filled with lots of good advice for making and achieving goals. I think my favorite bit of advice, paraphrased, was that you should think of your goals and think each day what you could do to that day to bring yourself closer to achieving that goal, then do it. Because that is what goal achievement is: doing something each day to bring yourself closer to the end goal. I got a lot out of this book, and it was perfect for reading right before the new year. It is short (about two hours), but well-written so that you can get a lot of information out of it. I listened to the Audible audio edition narrated by Meral

Matthews, and I really liked his narration. His voice is very clear and he reads at a good speed. If you are interested in really achieving your goals, this is a great little book to get you motivated.

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### **Ashley Hedden says**

Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You by Thibaut Meurisse was a great and helpful read. This book includes a step by step workbook that you can download and print. This book assists in setting goals and making them clear. I think this is a very helpful guide.

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### **Kathyayani says**

Good book that emphasizes on visualization and how limited beliefs can hinder our progress towards achieving our dreams/ goals in life.

Explains the importance of planning and scheduling, having a checklist/ to-do list.

80/20 rule is pretty cool. It states that 20% of our efforts will account for 80% of our results.

I really liked the quote 'We have to see ourselves there long before it happens - Eric Thomas, motivational speaker

I highly recommend this book for reading and also refer the chapters once a while when required.

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### **SS says**

This was a short, interesting read about how to go about setting goals and accomplishing tasks, large and small. I thought the information included was excellent and applicable to most people. A couple of things irked me though. For one, the narrator, while excellent and easy to understand, at times sounded almost mechanical. I also found the constant stream of quotations from other books became tiresome. Not that they weren't good quotes, but there were so many of them.

Overall, this is a good overview book on goal setting and time management.

I received this audiobook as a gift from the author, and thank him for it. His generosity in no way influenced my opinion of the book.

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### **Chocalicious Love says**

Having ended last year with Jim Rohn's audiobook on Goal Setting, I was delighted to listen to Thibaut Meurisse's audiobook, Goal Setting. It was a good follow-up and was more practical than inspirational. It's short, full of useful information, and easy to follow.

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I thought it was well-researched. The ideas weren't particularly novel, but it was arranged in a way to make the ideas accessible. My only negative was that the author included too many quotes from other self-help gurus, which distracted me because I kept stopping to look for their work. (Is that good or bad? Who knows?! :-) )

Overall, however, it was a good book, and I would read other material from him. Good job, Mr. Meurisse. I've accomplished one of my small goals so far. Kudos! :-)

\*I received this audiobook as a gift from the author in exchange for an unbiased review.\*

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