

7 Ways Relationships Boosts Achievement Pat Council

It is important to put your attention on different types of relationships such as business relationships, personal relationships and just building quality relationships overall. Relationships really can boost your achievement. If you are not on target with achieving your goals then maybe learning more about building quality relationships and how they can boost your achievement will help. I recently read that the 'percentage of people that are lonely has risen over the past decade'

(<http://fortune.com/2016/06/22/loneliness-is-a-modern-day-epidemic/>). I also read in Time magazine about how depressed today's adolescence are. All the different things that are going on within the different generations and age groups seem to point towards loneliness and not making meaningful connections with others. This does not have to be making meaning for connections with others can be learned. We have an affordable course that provides easy to follow exercises and fun suggestions find out more at <https://www.designingyourlifetoday.com/get-results/>.

Some people want to blame Facebook. Of course, that is ridiculous! The finger gets pointed toward social media because people are often posting their personal thoughts. They are posting their personal thoughts because they have not taken the time or they do not have the know to make meaningful connections with live people. It is important that we understand the value of making live personal connections This might explain why loneliness rate keeps going up. An increasingly large number of people haven't learned how to make the right connections. The truth is people don't get lonely unless they are longing for something. The loneliness tells us that people are longing for relationships. What does this have to do with goal achievement? It is important to understand that almost everything you want, when it comes to achieving your goals, comes from connecting to the right person or people. That's right you have to go through another human being or connect with another human being to learn or receive what you are hoping for. If you need a mentor or coaching, it will be done by another human. If you are in business, in addition to advertising, you will still count on people to spread the word about what you offer.

Of course, when it comes to goal achievement, you can start out by learning from books, audios and course, which are put together by...you guessed it, people. The point I am making is that you can learn a lot from reading but at the end of the day when you are finished reading or when you are finished posting on your various social media pages, you still want to connect with people. Here are 7 things to improve your interaction with others:

Because of the Internet we can find almost anything we want. In the past, you would first, pick up the phone and call a friend say, "I'm looking for XYZ. Do you have any idea how to find it?" Now, just do a Google search working on being a and I can go anywhere and I can do a search and find what it is I'm looking for I can find a person on the Internet Internet can tell me what I'm looking for or tell me to find what it is I'm looking for but as I said at the end of the day you still want to have live enter actions the purpose of we never got together nobody would get busy in our population would

disappear right back on track okay let's get to the seven ways before I have determined this to inexplicit podcast as opposed to clean what we like to keep it clean your are

1. Make a list of everyone you know and examine the list. - If you are lonely or not connecting with people, you may not be making right connections. Whether business or personal relationships wrong connections will affect goal achievement. Be aware of the types of friends and acquaintances that you would like to make and eventually opportunities will present themselves for you to meet the right people. When you have a list of everyone you know, this includes love ones, friends and business acquaintances, you can make it a point to start contacting them regularly. You will not be contacting them just so they can help you meet your goals. You will be contacting them because of the energetic connection. Being able to express love or excitement will give you the energetic and creative boost that is needed to get you in the flow of life. You may have heard the cliché, "No man is an island". Well, it is very true. If you are an island, not much gets done in your world.

2. Get involved. – no matter where you live, how busy you say you are, what you are interested in or what skills you have or don't have, there are people who will need your help. You can bring something amazing to the table of life. We are all meant to connect by being available for one another. To achieve more get involved and show an interest in the success of others. Find out how can you help them and do not always make it about you. You will be surprised how good helping others will make you feel and you never know who you will meet that will be more than willing to help you. This is a great way that relationships boost achievement. Once you start to bring joy into someone else's life, you to feel joy in your own life. Feeling joy and excitement will increase your energy level. Once your vibrations are high you will attract some amazing things into your life.

3. Keep dreaming. - New dreams and goals will put some spark into your life. Having exciting dreams will inspire hope. Find something new to achieve if your goals are not working for you. If it seems like you are taking forever to get results, create a list of small goals to achieve, that are connected to your larger goal. As you achieve the smaller goals, you will be thrilled and your confidence will go up. As your confidence rises, you will attract the right people into your life who can help you conquer the larger goal. Suddenly, the big goal does not seem so big and scary, because you have attracted a team. Now you have boosted your achieving ability. This is the power of new dreams and goals. Keep in mind that, when you activate a new dream, new idea or new goal, it is so fresh, that other people will want to get on board.

4. Build interactive courage by eating properly. – Some people do build relationships, because they think they not good at maintaining friendships or any other type of relationship. Keep in mind that if you have goals, you will have to connect with others to win. If you are having challenges connecting because you come across as abrasive, snobbish or over introverted, maybe there is something else going on with you. You may not be a mean or rude person. What we eat and when we eat can affect our attitude. Try eating properly because it will boost your attitude. Studies have shown that eating improperly can magnify negative feelings that you might have. Look at what

you are eating. When you eat healthy foods, you will have high energetic levels which will boost your vibrational levels. No one wants to be around a grouch. Consider eating the low-fat foods, fruits and vegetables as opposed to grabbing potato chips and cookies. Your attitude and how you feel about yourself makes a big difference when building relationships.

5. Take the Time to Recharge Your Body. - Tired people tend to lean toward problems and they respond negatively to situations that often have a positive solution. This type of behavior makes it difficult to build the quality relationships needed to achieve your goals. The best ways to recharge your body is to exercise and get enough sleep. When your body is not charged up, you will see the difference in your work performance, how you think about situations and how you feel about being around people. How you feel about being around people can affect your ability to build relationships need to help you build a happy life and achieve your goals.

6. Focus on the Good Things. – Keep your focus on the good things that have happened in your life. That simply means count your blessings. When you focus on the good things that have happened and are happening in your life they get amplified. You will have more good things happening and you also get the confidence boost that you need to achieve your goals. Sometimes, when we do not get results in the timeframe expected, it is easy to start looking at the negative side of life. It is easy to start looking at all the things that went wrong in life. It is really a drag to be around someone who is always looking at the negative side of life or who is focused on what went wrong. Keep in mind that whatever you focus on will amplify, so put your attention on getting the best and connecting to the right people.

7. Remember God. - Remember where you came from and why you are here. Remember who made you. Remember God. You are never alone and you are never without people, unless you choose to be. You are not here to be an island. Remember that when you say a prayer, your prayers are heard. Stay in faith and do your part by connecting to others until you achieve the goal that allows you to demonstrate your purpose for being on this earth. No matter how much you pray, your goals will not materialize without some action on your part. Most of the time that action requires that you connect with others.

When you take these seven points and incorporate them into your daily activities, you will improve your interactions with others and outlook on life. You will boost your achievement because of your positive outlook on your ability to achieve your dreams. Start making the connections with others, today. If you need help interacting, networking or having a simple conversation consider our Relationship Mastery Courses, parts 1 & 2. This is a great course for people who do not know who they want to meet, but would like to know where and how to start. Get more free information by visiting our website <https://designingyourlifetoday.com> and join our newsletter list, [Power Up Today](#). You get some amazing golden nuggets that will help you “do life with power”.

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