

Get What You Want In 30 Minutes

San Francisco, CA – “People who don’t set goals wind up asking, ‘How come I never got what I wanted out of life?’” Those are the words of Theodore Carl Soderberg, author of the new book “Uncharted Waters.” Soderberg isn’t just a successful author. He has two honorable discharges from the United States Navy, has been on the silver screen in Basic Instinct and the Rock, has made a small fortune selling exotic cars, and has toured the world with the merchant marines.

How has he achieved every dream he has ever wanted? “Setting goals. That really has been the secret of everything.”

Here are six tips to earn a successful life - one half hour at a time:

1. Identify What You Want – And When You Want It

“Figuring out your dream can be the hardest part,” says Soderberg. “So if you can’t be specific, that’s fine.” You don’t need to have a whole plan in place, says Soderberg. You just need a firm idea in your mind of what you want – and a solid idea of when you want it by.

2. Schedule 30 Minutes For Your Goal – Every Day

Set aside a half hour every day to do something to get closer to your dream. Every day you build on the progress you made the day before. “You don’t expect to do the whole thing in a day or in a week – but a little bit every day, that really is the key to being successful.”

3. Make Goal Setting A Lifestyle

“The key here,” says Soderberg, “Is to make sure it’s at the same time every day.” If your ‘goal time’ becomes part of your daily routine – you’ll be less likely to blow it off. Your scheduled goal time with yourself is as important as any commitment you’d make to someone else. You wouldn’t dream of blowing off a half hour meeting with your boss – make 30 minutes with yourself just as much of a priority.

4. Divide Your Goal Into Bite Sized Pieces And Tackle Them One At A Time

You can’t expect to reach your goal without accomplishing the smaller steps building up to that success. “If your working on a big dream, break it down into little bite sized dreams along the way.”

5. Congratulate Yourself For Each Step You Complete

Half of keeping motivated is remembering what you are working toward – the other half is acknowledging yourself for the work you’ve already done. Soderberg insists you pat yourself on the back at least once a month. “If that means buying yourself a flat screen or just nodding to yourself in the mirror, that’s up to you.”

6. Finish Up One Goal And Get Ready To Tackle A New One

At some point you’ll accomplish whatever goal you’ve set out to achieve. So why stop now? If you stop dreaming of new goals – your life will get boring again. Build on the goal you’ve achieved, or write down a whole new adventure.

Investing 30 minutes a day in your future can change your life. A few months from now you could be thinner. Maybe you could have a retirement plan in place. Maybe your life story could be written. It all comes down to deciding what you want out of life – and taking the action to make it happen. “Once you have the dedication, and the half hour – the only question is: what do you want to achieve?”

About the Author

Theodore Carl Soderberg is the Author of the new novel, “Uncharted Waters.” He was born and raised in New York and Connecticut. His vast resume includes a brief stint in the navy in 1967, followed by commercial fishing in Alaska, and working as a Hollywood extra on films such as Basic Instinct, Clint Eastwood’s The Deadpool and the Rock. The water called him home at the age of 38 after a motorcycle accident that left him un-scarred, but changed. In 1989 he joined the Merchant Marines and continues to go to sea to this day. www.authorsden.com/tcs