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REACHING YOUR TARGETS: A STRUCTURED WAY TO GET BETTER RESULTS

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There have been quite a number of approaches to getting better results in our engagements in life. Theories have been postulated, Principles have been advanced and countless strategies have been initiated. Many of these have worked and brought tremendous results to those who utilise them.

In this piece, my aim is to aggregate some of these approaches into a structured way of getting improved results. Results are outcomes of the combinations of efforts and resources that individuals derive satisfaction from.

In this article, I will explain the concepts of efficiency and effectiveness, I will advance the structured way to getting better results by listing the order in which the result yielding activities should follow.

Results are outcomes of the combinations of efforts and resources that individuals derive satisfaction from.



EFFICIENCY & EFFECTIVENESS

When seeking results, individuals engage their efforts and resources to achieve their aim. It is important to know how to maximise these efforts and resources in experiencing the desired results.

Efficiency: An engagement is said to be efficient when the utilisation of efforts and resources are fully optimised. Results-driven individuals must know how to make the best use of anything at their disposal. The resources may not be in abundant supply but an efficient person makes the most of it and when it is in abundant supply, the efficient person ensures that they are not wasted.

Results-driven individuals must know how to make the best use of anything at their disposal.

Effectiveness: An effective person is one who engages methodical approaches to achieving his goals. He ensures that when he has a task to perform, he sets up the means to getting it done. An effective person is strategic in his engagements. He is visionary in his outlook hence the need for setting up systems that permit for continued success. An effective person is a systems thinker.

An effective person is a strategic systems thinker, one who engages methodical approaches to achieving his goals.

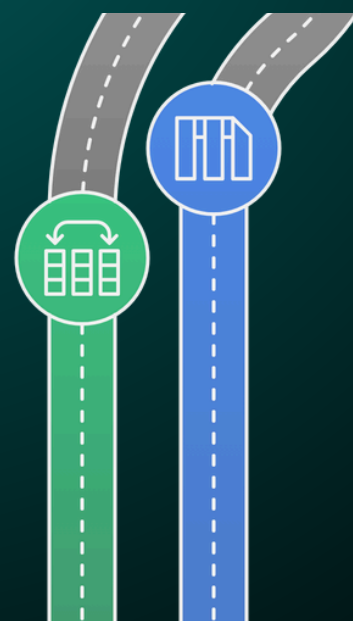
How to achieve desired results effectively?

Efficiency

Optimizes resource use to maximize output with minimal waste.

Effectiveness

Employs strategic methods and systems for consistent success.



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THE STRUCTURED WAY TO GET BETTER RESULTS

Using the background of efficiency and effectiveness, the quest for results should follow a pattern that is replicable in all situations, fit for bringing in the desired results. This pattern begins with having goals, it moves on to building a task list and then prioritising the activities on the list, thereafter the individual will schedule the prioritised activities for action.

1. HAVE CLEAR AND DEFINITE GOALS:

Results are the outcomes of goals. Goals are the expressions of desire. Great writers like Napoleon Hill and Brian Tracy suggest that the basis for any achievement in life is having a definite purpose and a desire. There can be no personal achievement without a purpose and desire. If you desire results, then you must have goals. A goal is the tangible representation of your ambition and effort.

If you desire results, you must have goals

In his book, "*Goals! How to Get Everything You Want — Faster Than You Ever Thought Possible.*" Brian Tracy lists a guided process in attaining results.



2. BUILD A TASK LIST:

When your goals are clearly set and your passion for the accomplishment is in force, you must learn to build a task list of activities that will lead to the attainment of these goals. This is often time called a to-do list. These are pieces of work to be done, a number of connected activities whose completion lead to the realisation of the goal set and ultimately giving you the desired result you set out to accomplish. With a task list, you identify the activities required to achieve a goal.

The work that delivers result is a series of connected activities whose completion lead to the realisation of predetermined goals.

Never be carried away by the number of activities, just be certain that they are connected to the goal set and the outcomes you desire. The work that delivers result is a series of connected activities whose completion lead to the realisation of predetermined goals.

3. PRIORITISE YOUR TASKS:

The beauty of a task list is that it enables you to see what things are to be done. It however doesnt show you the value of each activity to the goals you seek to achieve.

The keyword in understanding the concept of prioritisation is IMPORTANT but a better word to represent the rating of your tasks is VALUE.

Prioritisation is the determination of the order in which the activities in the task list are to be attended to. The keyword in prioritisation is IMPORTANT but a better word to represent the rating of the tasks is VALUE. [Bruce Keener](#) helps to articulate a number of prioritisation techniques that have been shared by great educators.



4. SCHEDULING:

The next line in the sequence of combined activities that leads to desired results is scheduling of the prioritised tasks. It is simply determining at what time of the day a particular task is to be executed. A simple proposition for scheduling can be based on the principle of the number of working days in a living day. [The International Labour Organization recognises that the normal working time per day is 8 hours.](#) The number of hours that make up a day is 24. Invariably, if we look at life from a work perspective, we will have 3 working days in a living day, that is, 3-8 hours in 24 hours. If this principle is embraced, you can schedule your activities within 3 working days. Supposing your first working day starts at 5am (the time when you wake up, not when you are set to work), your first working day will be 5am to 1pm, second working day will be 1pm - 9pm and your third working day will be 9pm - 5am.

There are 3 working days of 8 hours in 1 living day of 24 hours.

You can schedule your tasks within any of the three working days taking note of what each segment of the day holds in supporting your tasks. I elaborate this in another article.

5. EXECUTION:

Taking action is the final straw that guarantees better results. If it will not work your plan, it will not deliver the results you desire to you. Having set a goal, identified a series of tasks to realise the goal, prioritised and scheduled them accordingly, the next step is to work it out. All the things that work and produce do so based on people working them out.

Nothing produces until it has contact with work. Of what essence is speed when you are facing the wrong direction.

Work on the tasks within the schedule you have assigned based on the priorities you have set. Effort is meaningless without results. Don't delay in executing the tasks before you but ensure that it is within the frame of the goals you have set. What is the essence of speed in a race when you are facing the wrong direction.

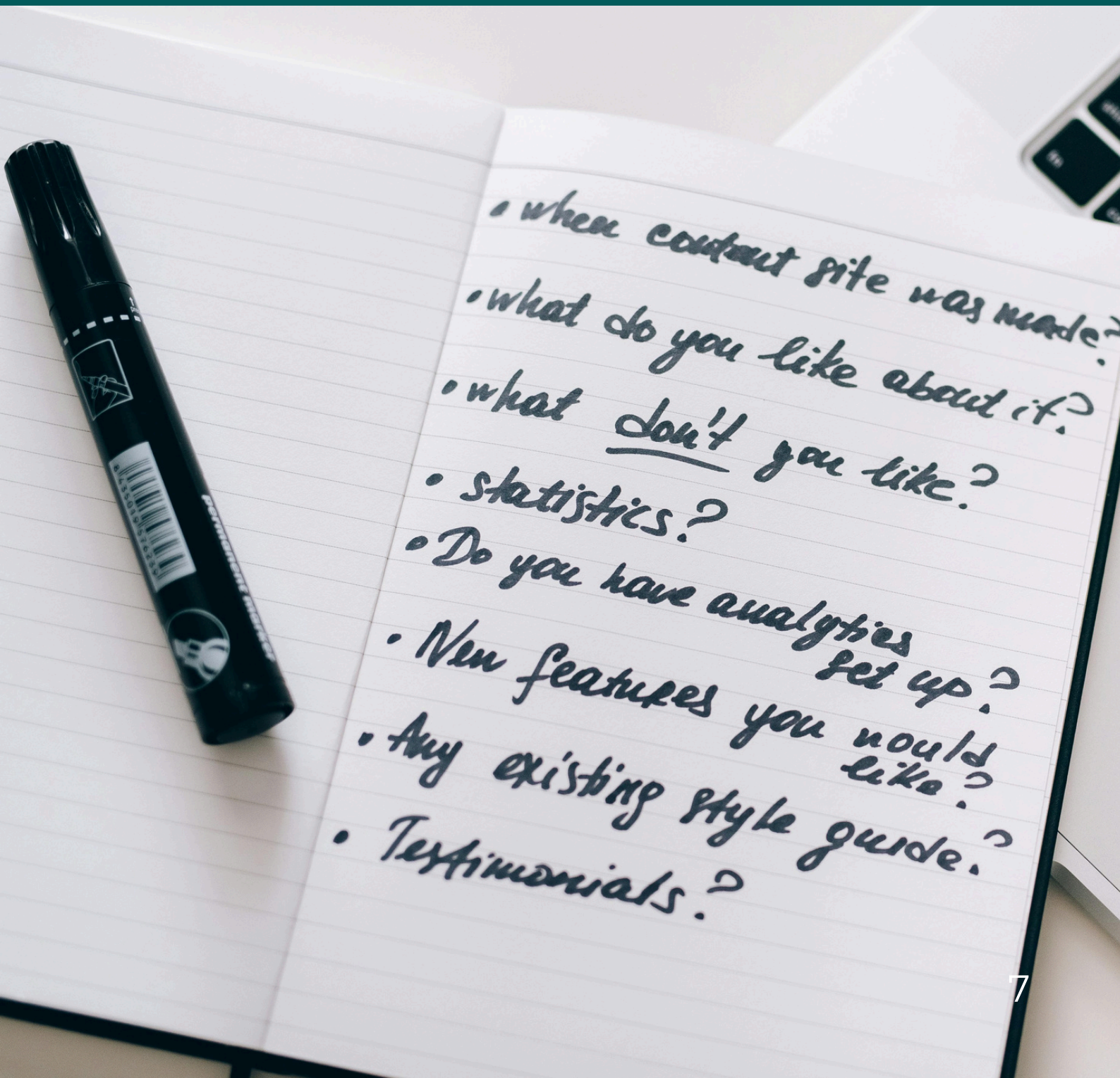


6. REVIEW:

You must be ready to conduct a thorough assessment of the outcomes of your actions with the intention of changing the approach if you don't have the results you desire.

Never expect what you don't inspect.

Your findings from the review should engender you to think through new approaches, improved strategies and much more. This step simply means checking to see if the results you desire are manifest. Never expect what you don't inspect. Keep a tab on the means to realising your goals.

- 
- when content site was made?
 - what do you like about it?
 - what don't you like?
 - statistics?
 - Do you have analytics set up?
 - New features you would like?
 - Any existing style guide?
 - Testimonials?

Achieving Better Results

Review Outcomes

Assess the results of your actions to identify areas for improvement.



Execute Tasks

Take action on your scheduled tasks to move closer to your goals.



Schedule Activities

Allocate specific times for each task to ensure timely completion.



Prioritize Tasks

Determine the order of importance for each task to focus on high-value activities.



Build Task List

Create a comprehensive list of activities needed to achieve your goals.



Set Goals

Define clear and definite objectives to guide your actions.



CONCLUSION

Every individual has an innate desire for success. No one ever desires to fail in the pursuit of an endeavour. Success is deliberate and its pursuit must be intentional. There is a certain way to become successful and this way begins with a desire for success. This article has built on that desire to show you a way to attain better results in any area of your life.





Profile for Dr. Olumuyiwa Akinrole Oludayo

Dr. Olumuyiwa Akinrole Oludayo is a transformative leader and consultant with a distinguished career across higher education, human resource management, and organisational development. His professional journey reflects an enduring commitment to influencing impactful change and advancing practices that drive growth and excellence at both individual and organisational levels.

With a strong foundation in academia, Dr. Oludayo has contributed extensively to higher education as a Member of Faculty for Human Resource Management, guiding the next generation of professionals and leaders. His roles as Dean of Students, Registrar, and Director of the African Leadership Development Centre have enabled him to influence institutional leadership and capacity-building across Africa, crafting learning environments that are centred on holistic development and resilience.

As a Research Fellow with the Chartered Institute of Personnel Management of Nigeria, Dr. Oludayo has made notable contributions to HR practice in Nigeria. His publications and development of frameworks have significantly shaped best practices within the industry, equipping HR professionals with contextually relevant strategies that address both contemporary and emerging challenges.

Organisations that engage Dr. Oludayo's consulting expertise benefit from a wealth of experience and a bespoke approach to people management. Through his work, he has supported a diverse range of organisations in optimising their talent strategies, enhancing leadership capacity, and creating resilient teams. His consulting work is marked by a commitment to solutions that are analytically robust and deeply aligned with an organisation's unique culture and objectives.

By partnering with Dr. Oludayo, organisations gain access to innovative approaches to talent development and organisational effectiveness. His strategic guidance encourages a culture of resilience, adaptability, and continuous improvement. His proven ability to integrate strategic insight with a people-centred approach makes him an invaluable asset for organisations striving for sustainable growth and a competitive edge.

In bridging the realms of academia, research, and practical consulting, Dr. Oludayo offers a holistic perspective that is both visionary and results-driven. His contributions go beyond enhancing performance; they cultivate lasting organisational value, enabling businesses to thrive through a stronger, more cohesive approach to human capital management.

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