

Attaining your Goals

Have you ever seen a pet mouse on his little exercise wheel? He runs for all he's worth—but never gets anywhere. Do you sometimes feel like that mouse? You work and rush and stress and push, on the go from dawn till dark, only to wonder at day's end, "what did I accomplish?"

"Where there is no vision, the people perish." (Proverb of Solomon)

What do you wish to accomplish? What are your dreams, your passions, your heart's desires? What's "on hold" waiting for a tomorrow that never comes? Maybe it's buying a house, changing careers, or completing a college degree. Maybe it's simply spending more time with the family, brushing up your Spanish or writing an old friend. Whether it's a task for today or an undertaking for the future, wishful thinking won't get you off the merry-go-round.

Dreams to reality...

Begin by identifying your ambitions and hopes—what you long to achieve or experience—and formulate goals. Your goals should be in line with who you are; should be challenging, but attainable. Include long- and short-term goals, and don't limit yourself by where you are today. Surprise yourself!

The next step is to chart your goals in writing. Like a road trip, the journey to achieving goals requires a map, a plan in black and white that brings your dreams to life. You gain new purpose in day-to-day choices and see more clearly what is forward progress and what is distracting. Setting your sights on a target—your personal vision—focuses your energy and enthusiasm, giving you motivation and confidence.

You are not confined like the mouse to endless spinning. A goal-oriented lifestyle leads to a satisfying feeling of progress in life and a sense of control even before the goal is fulfilled.

Cool Resources

The Internet abounds with goal-writing sites. You'll find pages and pages spelled out in detail, as well as software and services you may procure at www.about-goal-setting.com or www.mygoals.com.

Mapping Out Your Goals

Dig Deep

Know yourself and contemplate goals that reflect who you are—your passions and values.

Lay a Foundation

Set concrete goals and put them in writing.

Build Wisely—

- Organize large goals into small, doable steps.
- Evaluate your time in light of your goals.
- Use a mentor or coach to keep you on track.
- Review your written plan regularly, making adjustments as needed.

Don't Quit

Failures are not a reason to give up, but opportunities to regroup, to learn and to strive on.

Complete the Pursuit

Enjoy the satisfaction of attaining your dream.

