

Managing Your Goals

Have you ever wanted to do or to experience something meaningful in your life? It could be mastering a certain skill, getting an advanced degree, or building your own business. No matter what it is that you wish to accomplish or experience, it requires that you focus and direct your time and energies into the endeavor.

In the beginning, the goal may appear unattainable because of the immensity of the challenges before you. It's like trying to climb Mount Everest, running a marathon, or becoming a doctor. It may take years of training and preparation before you see any results. In the meanwhile you are investing a lot of your time, energies and money into this commitment. Some people are overwhelmed by the enormity of the project, may think that it's too hard to accomplish and they give up before even trying.

One of the common attributes of successful people, whether they are athletes, musicians, or business people, is that they devote a lot of their time, energy and resources to become good at what they do. That dedication and devotion can be seen in their years of rigorous training, preparation and education to develop the necessary skills and resources to get them to where they are today.

The enormity of the goal can appear to be overwhelming if you try to accomplish everything all at once. Successful people and companies learn to break their projects down into more manageable components. These components are then broken down further into still smaller components that can be completed in hours or days. When this is done, the smaller tasks become more manageable and you begin to see tangible results almost immediately. This is akin to running a marathon race which is over 26 miles long. The marathon is not a test of speed but of human endurance. A successful marathon runner may not be the fastest person in the race, but is the person who can maintain a consistent rapid pace over the entire course, running each mile at the same speed and pace as the next.

Once you have decided on a goal, determine what has to happen or what needs to be done for you to reach your goal. Then break the activities down further into smaller more manageable pieces so that they can be completed within a day or a few hours. Place them into a calendar of daily activities and get to work. Then like a marathon runner, you should *move from point A to point B in a brisk and timely fashion, each step should be the same as the last like a metronome*. When you are actively engaged in accomplishing your goal on a daily basis, the tasks no longer become overwhelming and you are ensuring success, one step at a time.

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