

Becoming Clear On One's Goals

Many people wonder why they do not have the life they want.

They aren't sure why they do not achieve their goals.

Also, they are unclear as to why it is they have the same or similar problems year after year.

Yet most people, if you ask them, are not clear on what they want out of life.



GOALS
It's important to set them.

They may not give themselves any break during the week to determine what would make them happy, what are their needs and those of their family.

Is their priority work, family time, friends, or health and fitness. Which goal should come first.

Are there new habits they need to implement to ensure that their most important goals come to fruition?
Are they afraid to take a chance? Are they hesitant to try something new? Afraid to change?

Some people fear success. Others failure. Which scares you most? Are you willing to try to achieve your goals anyway, go past the fears?

Do you want to have these same goals next year or are you willing to do something different to make them happen?

What's one step you can take right now or at least today to accomplish your most important goal?

If you need support to assist you in attaining your goals, have you planned that?

As the old saying goes, "if nothing changes, nothing changes".

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