

REACHING YOUR GOALS

*"To reach success,
you have to try your
patience."*

-Arthur Tugman

Why is it so difficult to finish a project? Are we afraid of failure? Success? A little bit of each?

How many tasks do you begin and not complete? Do you put them down somewhere close to the beginning, the middle or the end when you are about to achieve the goal?

Why do you stop?



Perhaps the task loses its excitement. There are people who can have a vision and think of a multitude of potential projects or dreams. And they can't begin any. Or those who begin but then quit. Possibly it feels easier to quit than to go through the difficult part of any process. Yes, the beginning is exciting and new. But what about when you are in the middle and it could begin to feel mundane, boring, lackluster.

Maybe you should try Vitameatavegemin-- Just kidding! That was from an old "Lucy" rerun.



But there are ways to break up the monotony of the repetitive or uninspiring part of any endeavor.

You can literally break the goal down in parts and do a small part. You can play music you love in the background as you forge ahead. You could give yourself a reward as you make any progress on the tasks at hand. You can acknowledge yourself aloud or quietly for any portion of the goal accomplished no matter how minute. You can get support or advice on the best and most efficient way to proceed. You can promise a fun activity to yourself as a celebration of the job being completed.



How you do it is not nearly as important as getting it done. Reaching your goals and sitting back and reaping the benefits of your hard work should always be what you strive for. This will reveal the importance of the process for the present project and also for future plans.

"Not the maker of plans and promises, but rather the one who offers faithful service in small matters. This is the person most likely to achieve what is good and lasting."

—Johann Wolfgang von Goethe

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