

Goals

While I travel I love to visit tourist souvenir traps. On one of my expeditions long ago, I remember seeing something that caught my eye, it was a "Round To It." Having no idea what a "Round To It" was, I picked up the item to read the fine print. It said something like this, "For all those things you are waiting to do until you get a "round to it."

If you are like most people you probably have a huge list of things that you would like to do once you get around to it. Perhaps you have a long overdue chore; maybe you've been meaning to get back in touch with a relative or a friend; maybe you have the need to kick an old habit or introduce new habits to your routine; maybe you've been meaning to learn a new skill. Whatever is on your "Round To It" list, you will no doubt feel a sense of accomplishment when you can finally check things off your list.

One thing that will help you get started is to set manageable goals for yourself. Instead of looking at a huge list of things you would like to accomplish, pick a few things you want to get done in the next few months to a year and aim for those. You can start a "Future List" for the other ideas you have. The trick is to just focus on a few.

Secondly, on a piece of paper, write down the goals you have chosen. Underneath each goal make a list of action steps you can take to accomplish that goal. For instance, if you have been meaning to learn how to play the piano, some of your action steps might include; find a teacher, buy a keyboard, listen to CD's for inspiration and encouragement. Perhaps you have been meaning to get in touch with a long lost friend. Your actions steps may include calling the last known number you had for that friend, doing an internet search, or talking to your friends parents. Action steps will vary per goal and per person. The most important thing is that you lay out a plan for how you will be able to accomplish your goals.

Finally, inform those around you, family, friends, co-workers, that you are doing something new. Attaining goals is much more fun if you have someone to celebrate with and you may inspire them to set goals of their own.

The cumbersome weight of "Round To It" ideas or lists get overwhelming. Focusing on goals and action steps will energize life for you and bring you a great deal of satisfaction. Set a few goals for yourself today.

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www.ysblakesarea.org