

Setting a Realistic Goal

The New Year is upon us...2010 used to sound like science fiction to many of us, but now it's reality. Some people have been making their New Year resolutions, while some are setting goals and others are just taking one day at a time. No matter how you look at it the New Year can feel like a fresh start in some ways. It can be an opportunity to build your life spiritually, mentally or physically. I recommend setting at least one new goal for 2010. In the goal setting process it's important to make sure that the goal is realistic. Don't set yourself up for failing to reach a goal that is unattainable. Once you set the goal break it up into small manageable steps to work toward the end result. I encourage you not to look at anything with the lens of impulsivity or getting quick results.

Here is an example of a goal that is good for the spirit, soul and body. "I want to learn to be less selfish." Break the goal into small manageable steps that are not overwhelming.

- 1) Post a scripture somewhere you look at in the morning to help you remember the goal.
- 2) Make a list of some simple things that you can do for others and plan to do at least one.
- 3) Ask the Lord to help you develop a mindset of giving to others, so that it doesn't revolve around giving to get.
- 4) Do one thing a week to help someone without them knowing who did it.
- 5) End the day with thanking the Lord for the ability and His strength to help someone else.

Here are some examples of giving: taking the time to smile at someone, opening a door, taking extra time to listen to someone who needs to talk, encouraging someone, writing a letter or a thank you to someone, noticing something around the house or neighborhood that needs attention and doing it, volunteering in your church or community, being open to look for a need to be filled and not waiting for someone else to do it, taking the time to pray for people are all ways to give. Developing a mindset to think outside your-self and give to others is important to overall health. That's one example of an attainable goal for the New Year.

Happy New Year and God bless you!

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