

Strive to Achieve



Stan Simmons

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Part of what I hope to see Courageouspaths accomplish is to assist others get their lives kick started again when it feels like everything is stalled or that it feels like you are in a rut and can't get out.

You may have been in this "stalled" condition for so long it feels like the norm at this point in time. Well, no matter how long you have been in this condition it can be changed if the right tools are utilized combined with the right mindset, motivation and drive needed to accomplish the desired change.

The first area I want to discuss is goals. In future segments I'll discuss other areas that support your goals and promote a healthy mental and physical lifestyle. Combined these elements can completely change your outlook on life.

What is the big deal about goals? One way to look at goals is, would you build a house without a blueprint? Would you start a business without a business plan? Of course you wouldn't. Nearly everything in life starts with a plan of action so why should life be any different?

Goals are the blueprint that keeps us moving constantly forward in a positive direction. These goals are fluid and can be adjusted to fit life's ups and downs and there will be plenty of those for sure.

The following are the basic components of effective goals. I am sure you have seen or heard of the SMART acronym before so I will just briefly describe it.

S - A specific action that will take place

M- Measurable or quantifiable

A - Achievable or attainable

R - Realistic, the goal should stretch you some but be attainable as well.

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Goals should be made for each area of your life, spiritual, physical, mental and social. This promotes a well balanced and healthy life. Balance is one key to accomplishing your goals and living a more successful and fulfilling life.

Goals should be split into short term (6 month to one year) then 3 and 5 year time frames. All of our short term goals should support our long term goals and keep us moving towards them. Goal setting can also be a healthy family activity as we help our kids establish their own goals. It is really awesome to see them accomplish their goals and it is great for their self esteem.

I don't want to create a book here but I wanted to throw this information out there in hopes it can assist someone in getting their life moving forward again. I am available for life coaching, fitness as well as career coaching. Feel free to contact me and to leave comments. Share your experiences. You never know who you will help by sharing. Visit courageouspaths.com or on facebook: [courageouspaths](https://www.facebook.com/courageouspaths). If you like what you see feel free to share.