

The four most important reasons to stick to your goals

Written by Penny Jones-Richardson
Tuesday, 24 June 2014 16:25



I have exciting news to share with you! Today is the first day of the rest of your life! This is another day to finish what you started and be the person you want to be. It's all about identifying your goals and sticking to them. I use this because it works for me. I find that if I am excited and looking at my goals as another opportunity to be the best person I can be, then the goal won't seem like another daunting chore that I must complete.

I also like to look at sticking to goals as another way to show that I am in control of my life and my journey belongs to me. It is so important to know where you are going and what exactly you want out of life. Think about it for a moment, what does your life look like five to ten years from now? Will you be the person you want to be or will you still be trying to figure that out. Believe me I know how it is and there are many people still trying to figure out what road to take and how they will achieve their goals. Now believe this, this used to be me.

Then one day something happened to me that changed the way I perceived life. I finally figured out that nothing was going to happen for me if I didn't take charge and decide what I wanted for me. This sounds so simple right? Well to many of you it may be and to others it could be very difficult when you are at a crossroad in your life and you have no clue as to which direction to head toward.

In taking charge of my life I had to set some goals and stick to them. Here is why sticking to my goals helped me and I am sure this will do the same for you.

1. They keep you focused

One of the main reasons that many people set goals is for the simple reason that goals keep them focused. There are people who know exactly what they want and exactly how they plan on making things happen for them. Sure they probably get sidetracked sometimes, but the key is that they keep their eyes on the prize. They are always focused on making their goals a reality.

2. Something to strive for

Working on goals is a way of life for many people. It is what their lives are made of. Many individuals live their lives waiting on the next goal, or adventure, to achieve. I love this! They look at life as an adventure. Nothing stands in their way and they don't stop until they have mastered yet another goal.

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3. A Feeling of accomplishment

When you set goals and you achieve them, there is a feeling of accomplishment that can come over you. This is such a great feeling! This feeling makes you stick out your chest and hold your head up. This feeling can make you feel like you can conquer the world. Nothing is impossible for you. But to keep this feeling going, you must continue to set goals and see them through.

4. Something to believe in

I met a person once that didn't believe in much of anything until she started believing in herself. She set goals and made a plan to achieve them. She also worked hard to make them a reality and with this new found faith, she learned to believe in her dreams and herself. With ever step she took toward each goal, she gained more strength to believe she could do anything she set her mind to. Now she writes about setting and achieving goals!

And as always, stay focused, stay determined, and keep striving for greatness.

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