

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Achieve Big Goals in Little Ways (i-mail article)

By Doug C. Grant

How to Achieve Big Goals in Little Ways (i-mail article) by Doug C. Grant

"And just when do you plan to begin?"

I received this i-mail right in the middle of a great TV show. During a commercial break some guy with washboard abs came on the screen trying to sell me an expensive piece of exercise equipment. I suppose that's what triggered the i-mail.

I attempted to ignore the intrusion but this never works. i-mail is like e-mail except it doesn't come with a delete button. It's sent internally.

As much as I wanted to continue watching the show, I knew I had to answer. "Okay...just what is it that I'm supposed to begin?"

"Getting your body in shape. Remember that promise you made to all of us down here? You were definitely going to get serious about exercising. We've been looking forward to that. You don't know what it's like living in the middle of all this flab. Nothing down here really works with any zing."

"Hey...I thought you understood. I can't just rush into something like this. Getting back into shape is a huge goal. It takes planning. Finding the right exercises. Scheduling time."

"In other words, you have no intention of starting."

"Whoa. Now you're putting words in my mouth. I didn't say that. You simply don't appreciate what a commitment I'm making."

From somewhere below came a loud snort. "Commitment! I don't think it's even a hazy wish."

"So what do you want? A five mile run every morning?"

"No...but a walk around the block might be nice...at least to begin with."

How to Achieve Big Goals in Little Ways (i-mail article)

"Big deal. What's that supposed to accomplish except ten minutes of waving at people and trying to avoid the Johnson's dog."

"It's called momentum, my friend. That's a wonderful thing when you're going after a big goal. And believe me, getting things in shape down here is a big, big goal."

"I still don't understand how a walk around the block is going to accomplish anything."

"Turn off the television and I'll explain."

I did so with reluctance. Not that it probably mattered. I noticed somebody had just been killed and I

didn't even recognize the character. Which meant I was a few miles behind on the plot.

"That's better," my Other-Self murmured. "Now, pay attention and learn something."

"You don't start off big goals with big steps. If you do, you'll end up stumbling over your feet. It's sort of like the old joke, How do you eat an elephant? One bite at a time."

"Stupid joke if you ask me. Who would want to eat an elephant?"

"That's not the point but never mind. You start working on any big goal by doing something small toward reaching that goal. Then tomorrow you do something else small. And every day after that. The important thing is to keep up the momentum."

"Yeah...I see what you mean. So I start by walking a block today. Then a block and a mailbox tomorrow. And pretty soon I'm making real progress toward becoming that guy with the great abs. Do you honestly think I could development a stomach like that?"

"Well...anything's possible I suppose."

"Sounds like you're putting me down. Come on now, I need an image to inspire me?"

"Okay...if washboard abs are your thing, go for it. But inspire yourself with small steps and tiny victories. Think in terms of progress. If you do, the big goal will happen without burnout."

"Okay, so I have this big goal, like getting into shape. But I begin in a small way such as a walk around the block. Then I congratulate myself on getting started. The next day I go a bit further and hold a progress celebration. Then, after enough celebrations, I arrive at my goal. Hey, I think I like that approach. Tomorrow I will definitely begin."

"Have you noticed it's not raining out? Nice evening for a walk RIGHT NOW, don't you think?"

Read more i-mail articles' at <http://www.douggrant.com> You can also be among the first to receive new i-mail articles' by subscribing free to Doug C. Grant's bi-monthly e-zine, THE EMPOWERED MATURITY PAGE. It's for anyone wanting to boost their life up a notch or two. Subscribe at: <mailto:empoweredpage@smartautoresponder.com>

Doug C. Grant retired from a successful career as a nationally recognized business writer & marketing consultant. He now helps members of the Over-50', crowd live healthier, happier and more productive lives through his Empowered Maturity Web Site (<http://www.douggrant.com>) and an on-line interactive seminar.

Easy Way to Achieve Your Goals

By Cyndi Smasal

Easy Way to Achieve Your Goals by Cyndi Smasal

You have permission to publish this article electronically or in print, free of charge, as long as the signature box is included.

Thanks,
Cyndi Smasal

Word Count: 313 words at 65 characters per line

=====

Easy Way to Achieve Your Goals
Cyndi Smasal
(c) 2002

What accomplishments do you take the most pride in?

My favorite feeling is accomplishment. Is there anything better than thinking, "I'm finished – mission accomplished"? Think back to the accomplishments in which you take the most pride.

What did you accomplish? How did you accomplish it? What did you do specifically to accomplish it? What strengths did you use? What steps did you follow? What did you get out of the accomplishment?

When you take time to reflect on your past accomplishments, you learn from what went right. The lessons learned will help you achieve your future goals.

Now think ahead to the goals you still have.

What do you specifically want to accomplish in the future?

How will you know when you've accomplished it?

Is this a realistic and achievable goal or is it far fetched?

How does this goal relate to your lifetime goals?

By when do you want to achieve this goal?

What will achieving this goal do for you?

What steps do you need to take to achieve it?

Here are 5 reasons to go back and write down the answers to those questions.

1) Goals that are written down are more likely to be achieved than unstated goals.

2) Knowing what you specifically want to accomplish by when, gives you the energy and motivation to start working toward the goal.

3) Acknowledging what you will get when you achieve this goal pulls you into action.

4) Stating action steps helps you plan out how you will go about achieving your goal.

5) You'll never leave where you are until you chart a course to where you'd rather be.

Now go back and write down the answers to those questions.

The easy way to achieve your goals is to learn from your past accomplishments and write down your future goals in such a way that they help you achieve them.

=====

Cyndi Smasal: Jump-Start Coach & Inspirational Speaker
Gives focused one-on-one Coaching to people who want to
achieve their goals in 90 days or less.
<http://www.JumpStartCoach.com>
Send email to <mailto:csmasal@CyndiSmasal.com> for a
FREE 30-minute Jump-Start Coaching session.
Ph:512/842/1111

Cyndi Smasal is a "Jump-Start" Coach and Inspirational Speaker who inspires people to manifest their dream. She has a Bachelor's Degree in Computer Science, 15 years start-up experience and specializes in working with entrepreneurs who want to start, focus, or expand their business without giving up their life. Send e-mail to mailto:csmasal@cyndismasal.com for a FREE Coaching Session or visit <http://www.JumpStartCoach.com> for more information.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!