

(Re-)Creating Realistic Goals

"Either you deal with what is the reality, or you can be sure that the reality is going to deal with you." - Alex Haley, American Writer; author of *Roots*

Why change your goals?

According to many, it's sacrilege to change a goal. The logic is *"You set a goal. Buckle down. Stick with it!"*

There's something to be said for "stick-to-it-ness" but two criteria of successful goals are that they must be achievable (realistic) and relevant (it matters to you). A goal can meet those criteria at one time and no longer be either meaningful or achievable at another.

Trying to force an unrealistic, unimportant goal to fruition is an exercise in frustration, which means you'll either give up or do it in a slipshod manner - simply to say you've completed it.

The Reality

YOU determine your goals. YOU are a fully functioning adult human being. YOU get to re-evaluate and change what you want. It doesn't matter what the "invisible committee of THEY tell you that you SHOULD do," YOU get to make up your mind.

Sometimes, the correct decision is to realize that your goal no longer works for you - and then change or adjust it.

The following questions will help give you a road map to walk through that process

ADJUSTING YOUR GOALS TO FIT A NEW REALITY:

1. Why did you originally set the goal? What were you hoping to get from it?

2. Do those objectives still apply?

3. If the answer is "no," what changed?

4. Do you have the ability to change it back?

5. If "no," how can you change your goal to fit into this new reality?

6. If you cannot, what other goal would be more appropriate?

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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