



Just for Today

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Realistic Goals

SMART GOALS

Specific

Measurable

Attainable

Realistic

Time Frame

Did you know that another word for realistic is *priority*? It doesn't mean easy, it usually involves a learning curve, and it will push your skills and knowledge to the max. If your big-picture goal is to become a reality, it will require focus. The benefit is that you have made a decision to do something different to give you a better result.

Realistic goals will stretch you out of a rut.

Break your goal into steps. If you set your expectations low, you will rarely be disappointed. While this may seem contrary to the whole idea of "big, hairy, audacious goals", each small step is a victory on the path to greater success. Ask yourself, "will completing these steps lead to completion of the goal?" If not, then modify the obstacles, tasks, or due dates until you have a plan you can follow.

Just for today: Rethink your goals list. Can you achieve this goal and maintain balance and momentum? Can you give this goal enough time, money, focus, and attention? Don't ask "what's important" ask "what can I focus on right now."