



Just for Today

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Attainable Goals

SMART GOALS

Specific

Measurable

Attainable

Realistic

Time Frame

Creating small and short-term goals will help you find big, long-lasting success. Attainable goals should not be so easy that you won't find them fulfilling, nor should they be so difficult that it seems hopeless. If you can close your eyes, visualize yourself reaching this goal and feeling excited about it, chances are you have an attainable goal.

Once you identify the goals that are the most important to you, you begin working out how you can make them happen. You develop the attitudes, abilities, skills, and financial capacity to reach them. You start seeing those previously overlooked opportunities that will bring you closer to achieving your goals.

Goals that may have seemed far away and out of reach move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Just for today: Prepare a list of your short term (3-6 month) goals, your mid-range goals (6 months to 2 years) and your longer-term "big picture" goals. Are they attainable? Who do you have to become to make them happen?