

REACH FOR THE STARS.....

Now that we have got A ROUND TO IT, acquired some motivation, the next step is to set yourself a **GOAL**, realise your ambitions.

What is a GOAL?

Apart from something our local Power footy club can relate to. A goal is an object of effort or ambition. A destination.

No matter age or ability, we all have ambitions.

NASA had an ambition to land on the moon, Scientists around the world want to find a cure for cancer, others are striving for the paralysed to walk again.

Although these are extreme examples of goal setting, they are what we call **BIG** or **LONG** term **GOALS**. Goals that seem big or unachievable to some, may be insignificant, or minor goals to another. Importance, or success can only be measured by your own satisfaction, therefore it is up to you to set your own goals. In time what seemed big or unachievable, may in fact be within your reach.

In order to achieve a long term goal you need to first give yourself a deadline, or choose an event that you wish to enter.

Write it down and put it in plane sight.

“ He who fails to see their set task are less likely to accomplish their goal.”

Set yourself weekly, or fortnightly tasks, this will **EMPOWER** you to achieve your long term goal.

Smaller goals may include;

Join a club or group – sharing your ambitions makes you more accountable. Surround yourself with motivated people.

Reward yourself - Buy yourself a new pair of runners or bathers, you deserve it.

Eat well – if you need to, ditch one bad eating habit and replace it with one good one. E.g. Swap cordial for water, chips for home made, oven baked wedges.

See your Doctor – If you have health issues, or have never embarked on a structured program before, you must get advice from your doctor or health professional.

Record your achievements – Make a list of your goals, place a box beside each one, as you achieve a goal, **Tick off the boxes!!!**

You are the writer of your own destiny, so put in a chapter or two of action and adventure.

Debbie Rielly