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Pay The Price or Enjoy The Benefits of Your Goal

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Article by SMT Writer

May All Your Dreams Come True!

Many people are busy holding on to all the good ideas that we refer to as our New Years Goals and Resolutions. How's it going?

Some will argue that making goals that often fall short is a exercise in futility, however, maybe not. The most important step of any accomplishment is to establish what it is that you want. To make a goal is always the most important step of the process.


Studies have shown that a goal that is established and repeated often enough has a high percentage change of actually occurring. At that point, your New Years Resolution turns into a decision.

Goals are a part of our lives each and everyday. Simple goals such as driving to work require a modest plan of getting in the vehicle and making the proper turns to get to your destination. A much larger complex goal would be to construct a house. You can't go out and just start pouring concrete on the ground as that would be crazy. The idea of a building a house starts with a plan.

Any New Years Resolution is simply a plan. If you stick to it, you will find success.

John Maxwell once wrote about the motivation often found in those that wish to reach a

specific goal. He shared that goal setters begin to sense the victory of the successful completion of their goal. They become energized as success nears and begin to smell the victory at hand.

No matter if your goal is the traditional  New Years weight loss, or to get in better shape, or a greater dedication to your Church activities, it is a good idea to stick to a few basic rules to help assure success. One of the keys is to breakdown the goal into smaller bites of short term, intermediate and long term objectives.

At that point, follow these five steps to better enable your chances to achieve your desires

1. **WRITE DOWN YOUR GOAL:** No matter what your goal, it is essential that you write down your goal in a place that you see it often.
2. **DREAM YOUR GOAL:** Remember - "What the mind can conceive, the person can achieve". You must be able to see the successful completion of your goal.
3. **QUANTIFY YOUR GOAL:** Be specific by adding your time frame intervals and a completion date to your goal.
4. **IDENTIFY OBSTACLES:** You should plan ahead to avoid situations that work against your achieving your goal. You can't lose weight and go to a smorgasbord.
5. **ACCOUNTABILITY:** Identify a trusted friend that will keep a check on your progress toward your goal. (Proverbs 15:22)
6. **RESEARCH & UNDERSTAND:** Make sure you do your homework to create the best path to success. Understand what you wish to achieve.
7. **PLAN OF ACTION:** Create a specific plan that you can measure your progress at different intervals.

Remember, most goals require hard work, stamina and time to achieve. Avoid the frustration and have a single mindedness toward your goal, constantly keeping it on your mind. Speak of it morning and night to remind yourself of your determination toward the goal's successful completion.

And remember, no one wants to hear you whine or complain about the experience of your path toward your goal. As the old Indian Chief stated in the Outlaw Jose Wales film, "Endeavor to Persevere"!

One idea to consider is that many goals require that you "Pay The Price". In reality, the successful completion of your goal will truly allow you "Enjoy The Benefits of Achieving Your Goal"!

Good luck and may all your dreams come true in 2013!

(Article from a Sermon by Scott Gibbs at Trinity United Methodist Church)

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