

GOALS

by:
Jamaica T. Pangilinan

Many people ask me , “What do you want to be when you grow up? - those are the words we are often asked when we are children without hesitation to answer that, we want to be, doctor, nurse, architect, dentist, artist, policeman, astronaut, priest, scientist and so on. But over time the former young man full of hopes and dreams gradually blushed at the fact that living in the world was not easy and far beyond his expectations. With increasing age is in turn a decrease in self -confidence which is the source to doubt the worlds, people, even himself which is the reason for losing dreams. It is important for a person to have a dream whether small or large.

For some It is important for a person to have a dream whether small or large. Here are some examples that we can consider a dream or goal:

- Get to work on time
- You can buy the desired purse or dress
- Have free time once a week
- Have good organization/companionship
- Have a love life.

Who would have thought that the following could be considered a dream? simple though, but dream or goal can still be called.

According to Walt Disney, "The best way to get started is to quit talking and start doing." If you keep looking for a reason to give up you will never succeed in life. On

closer inspection, having a goal is not always important to a person but perseverance, and the anticipation of innovation is what drives us to relentlessly act and move towards the dream or goal we want to achieve in our life.

What are the things we can do to start acting on the dream?

First, Be always positive, find things to be thankful for. Get into the habit of seeing the beauty of an object or event even in a pitiful situation. if we continue to complain. Nothing happens if negative opinions and emotions are imposed. Instead of helping, it can cause a lack of interest in starting something or a task.

Second, Stay focused - write down what you want and don't want to happen. Write down your goal, it is better to write down goal or it will also serve as a guide.

Above all, always keep in mind that no one else will help you except yourself. It is important to encourage yourself. You can look in the mirror every day and say, I can do it, you're good at yourself, you deserve it. Don't always depend on what others have to say. Say with confidence and be accompanied by a big smile I'm fine, I deserve it, because I worked hard for the things I have.

References:

How to Achieve Goals in Life - Set goals and achieve them (indiacelebrating.com)