

I Can Reach Any Goal



We all have goals. What are yours? Drop 20 pounds. Get in shape? Buy a new house? Make more money? Having a goal is the simple part. Reaching it? Well, that's something else entirely. If you are frustrated because you feel like you keep coming up short when it comes to realizing your dreams, maybe it is time to try a different approach. Goals that get accomplished are those that are firm, well-defined, and to which the person is truly and completely committed.

Reaching our goals is important in life because not only does it build confidence that you're able to achieve whatever you want, it also helps in your everyday life. Without that dedication, trying to reach goals is like grabbing Jell-O -- you think maybe you have it, but there is really nothing to hang on to. You are able and willing stay firm in reaching you goals. Tell yourself you can make goals for you life, you will follow through, and you will be happy!