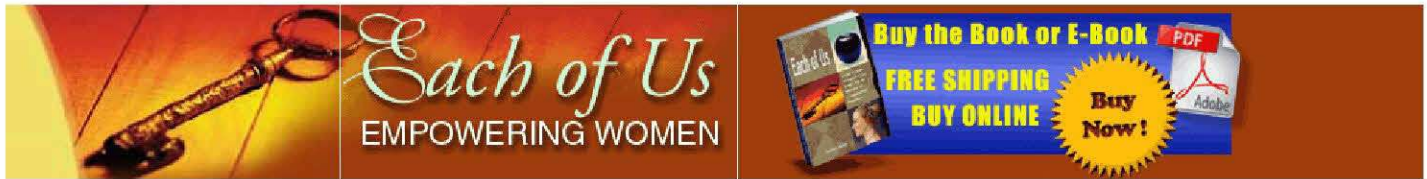


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### **Achievable Steps for This Year**

*by Joel Garfinkle*

The New Year is traditionally the time of year when we all set goals and motivate ourselves to achieve them. It is also the time of year when the best laid plans can go awry and the best intentions can get derailed. Why is this? We try to take on the world - we are going to lose weight, get our dream job, dream house, dream spouse and more! Don't get me wrong, having these goals is great! Reach for the stars! Want it all!

Let's make sure that you achieve those goals though. How to do that? Break things down into achievable steps so you can see immediate results that will continue to inspire and motivate you and keep you on track.

Here are some tips: - - - Begin with the end in mind. Pick the top 3 things that you want to accomplish in 2002. Consider such areas as spirit, family, friends, work, health, prosperity and more.

- From those top 3 desired accomplishments, choose a goal to achieve in the next 3 months.
- In order to progress towards that goal, pick an action step related to your goal that you can achieve in the month of January.
- Set a smaller goal related to that action step that is easily completed during the first week of January and do it.

You've taken a year long goal and broken it down to it's smallest steps. That first step in the first week of January has created momentum that enables you to continue to follow through. This will keep you on track to achieve your yearly goals.

For example, losing 50 lbs can seem somewhat daunting. But losing 10 lbs in 3 months is easier to grasp. Choosing to make healthier eating choices in January is easier still. Choosing to buy a low-fat cookbook and plan a meal from it is something you can do tonight! And it'll help you to get on the path you want and stay on it until that large goal of 50 lbs is achieved.

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Joel Garfinkle provides a step-by-step Dream Job process that has guided thousands of clients to find the perfect job and reach career fulfillment. For Career Coaching Services, visit [Dream Job Coaching](#)