

PROGRESS

Have you made any progress yet this year?

Have you decided what to do and written it down? If not, are you willing to do it? If you write it down, it will help you to accomplish it.

Progress is just one step towards a goal or objective. You make progress when you get out of bed in the morning and get dressed.

There are no unreasonable goals. There are unreasonable timelines. You do not have to start and reach a goal the same day. You do not have to be overwhelmed at the size of the goal or the work to reach the goal.

State the goal. Write down the steps in the order needed and, if you want, an estimate of the time it will take. Then you can put the tasks in your calendar. Sure, you have lots to do and obligations. Just schedule what you can do, when you can do it. Stretch yourself; but don't stress or overload yourself.

Progress is doing one thing at a time. Progress might be taking one course towards a degree. Sure, it might take years, but we all have to start someplace. Start with the first course.

One friend has a goal of making her bucket list. Well, sit down and write it. You can always add to it later or change it. But start. We all have a good idea of those things on our bucket list. There is power and excitement in

writing them down. Once written, you can see and feel what is the most important and start the plan to do it.

Small steps pay big dividends. It is human nature to feel good when you accomplish something. Seeing progress, you are inspired to continue. The progress, the success of progress, spurs one to further action.

You can get tired thinking the same thoughts, wishes, and desires all the time. Not seeing any progress is frustrating. But, the frustration is really that you are not doing anything. You are just repeating the same 'endless tapes' about your wishes and desires. If you take one step of action, you will feel great. One step leads to another.

Start NOW. Make the decision. Write it. Schedule some action on the first step.

Do you think you can't do it? If so, you can't. But, if you think you can, you can. You can start, you can try, and you can learn. What is worse - thinking you can't and not making any effort, or, thinking you can and starting to practice? You'll find satisfaction in the progress when you work at something. You'll be proud, and you'll be inspired to do more.

We encourage little children and watch them try, learn, take steps, and reward their progress. Why not the same for you? Why can't you be a kid and do it? You can.