

*I*t's Show Time

We've all asked what life has in store and reflected for hours what it could possibly mean; perhaps, your present situation is still presenting limitation and no results... Well, what are you going to do about it?

No matter how **difficulty** tries to drag you to nonfunctional levels, purpose to keep your get up because it's time for you to find your sphere in this season of life; where things are congruent and fruitful.

If you want great results you have to set great goals. Climbing higher in life consists of more than mere wishful thinking; you have to commit to the task and set varying objectives.

One reason so many would-be high achievers fail to reach their highest goals is that they shoot for the moon in a single shot. It is one thing to hold a lofty dream deep inside. It is quite another to commit yourself to fulfilling that dream immediately. Great achievers have learned that they must break their lofty dreams into bite-sized intermediate goals: goals they can reach by expending great energy, but goals they can reach.

When you set unrealistic goals and the results are less than favorable discouragement and ultimately failure sets in. A more productive approach would be to decide what immediate results you wish to accomplish today... Once that is achieved, and then set a higher goal. Accomplishing intermediate goals will expeditiously change your sedentary lifestyle; however, you must remember not to be discouraged with small changes.

Going for a high goal requires more confidence than any of us has when we begin to prepare for achievement. Confidence must be carefully put into place before we can realistically reach for the dream we have nourished.

The conclusion; you have to start today by purposing not to allow another crazy interruption to keep you from making progress daily. A minute adjustment in attitude is sometimes all it takes to win your war! Lastly, surround yourself with laughter... The gift of life is a one time deal; don't continue to allow others to make you miserable. The summer is fast approaching...start getting into shape so that you can walk the beach with confidence or perhaps, learn how to roll blade at 50. Just do something NEW! You have the power to make great things happen.

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