

## Afterburn Performance

### Goal Setting

Setting goals is crucial when accomplishing a task. If we don't have any goals, how are we to keep ourselves motivated in anything? We need to find a purpose in what we're doing; whether it's losing weight, running a marathon, getting a new job, or finishing school-- we all need goals to help guide us to the finish line.

When setting goals, ask yourself what it is you want to accomplish and then follow with the question of whether these goals are realistic for you to achieve. Once you have figured out what you want and if it is realistic, come up with a plan to get there. Personally, I like to have my long-term goals divided into short-term goals. When I hit my short-term goals, it gives me motivation and positive energy to continue my pursuit. I recommend putting a timeline on each short-term goal, whether its weekly or bi-weekly, it's important you choose what is best for you. It is critical you take the time to review what you have done. The final step in goal setting is making sure you reward yourself once the goal is achieved. So many people don't take the time to congratulate themselves and say, "job well done". You should reward yourself in the same way you would reward a loved one. In goal setting and in life, it is crucial to love yourself as you would love others because we both know, you deserve it.

By Terry Blizzard