

Motivational Moments: Time to think of goals for next year

Written by Penny Jones-Richardson
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During this season so many of us go out of our way to bring happiness to others, be it through holiday get-togethers, giving presents to loved ones, or giving to others in need. But this season as you do all those wonderful things, I want you to remember to also think about yourself. All too often, we spend so much time making sure everyone else's needs are met, that we forget about our own needs.

During this time of year I often think of all of the goals I will set and accomplish the following year to come. I don't make resolutions, however I set goals for myself that I will work on during the year. And each time that a goal is accomplished, I remove it from my list and add another one. This keeps me focused on what I need to do to help me reach my greatness.

Also this is the time of year to finish what you started before the year is out. Not that you are in competition with anyone, but it's just nice to complete those projects. Think about all the things you said you would do at the beginning of this year. Have you completed those things as of yet? Did you go back to school, did you finish your first novel, did you start that business that you often dream of and have done all of that research on? All of these things are goals that you could complete (or start) before the end of 2013.

So this year, as you are sharing and spreading joy this season with loved ones and friends, save some of that joy for you. This year spend time thinking about what you would need to do to make your dreams come true. Instead of hoping for something great to happen, have faith that it will. For there is a huge difference between hope and faith; hope is a feeling of expectation and desire of a certain thing to happen and faith is the substance of things hoped for, the evidence of things not seen.

And as always remember, stay focused, stay determined and keep striving for greatness.

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