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When we achieved them appear new. I guess, that's what life is. As soon as a person understands that he has no goals begins not life but simply existence. At this moment, an urgent need to look for new goals and it is better to come up with them in advance so as not to fall into a deep depression.

Indeed, achieving even the smallest goal is satisfying. Undoubtedly, the greatest satisfaction will be the achievement of a goal that once seemed impossible and it is far to us and in the achievement of which people from your environment did not believe. Such a goal is achieved by persistence, work, time, strength of spirit, faith in oneself.

To achieve the global goal, it is necessary to make a plan of action and divide it into many small ones. Often the goal seems unattainable, so you need a detailed plan that will help this goal look more real and achievable. You must want to achieve it. Once your goal is determined I recommend you to sit down and think about what result you want to get. It would be better if you draw your result or at least write it down. Your next step should be to draw up a detailed plan. Break your global goal into separate steps. This will not only help to get rid of the fear of starting something new, but also make you constantly think about this goal. Once you have made a plan you should choose an active step for the first items. An active step will be considered a step that will require you to take specific physical or mental actions.

For example, I like to travel and my goal is to see all the places on the world map. I mark the place on the map where I want to go the next time. I choose the right time of year to visit this country and plan a date. Before this date I need to collect a certain amount of money. I know how much I get and I know how much I need to put off each month until the right date. Even if I have to refuse something like a restaurant or driving an old car or staying at work to get more. A small goal is achieved, another place appeared on the map and it is approaching the global goal.

The goal should always be the result. This result should be seen. You have to believe in achieving your goal and to achieve the goal you need to go first! If the goal coincides with the personal desires of the person it brings him more satisfaction. When we act on the dictates of our heart we do not just achieve our goals we are happy that our hard way is successfully passed and we can start a new one!