

image not found or type unknown



I am an ordinary person, so my goals are not very global. I believe my goals come from my dreams. In my opinion, dreams and desires will be fulfilled if the goals are sorted correctly.

It is important to write down your desires, your goals on paper. I use a notebook to record targets. Big global goals I keep in my head, but small goals I record. Unfortunately our ordinary life consists not of beautiful goals but of unpleasant small household tasks, often we do not want to do them. I don 't want to make them because they 're boring often. I choose a few tasks a day and do them.

In modern life I am a woman, a wife, a mother, a mistress of the house, a mistress of the dog, a friend, a student and a hundred more roles. I need to clearly divide my time into all family members and do a million things at a time. I try not to forget to save time for myself time for my rest. At this time, I can afford not to think about anything.

Personally, I try to limit the time spent on social media. It can take a huge amount of time. I try to read psychological articles and engage in my own development, instead of experiencing envy for successful people. But at the same time, I believe that it is important to study someone else 's experience as a source of knowledge. The knowledge gained can be integrated into one 's life.

I try not to fall in spirit during the difficult moments of my life. If I 'm desperate, I just take time out. Respite is needed so that the head will rest and there is an opportunity to adjust the goals.