

For goals we can be proud of.

It's a brand new year, so do you have any new goals? Or maybe you're continuing to work on a prior one? I've never been much of a resolutions person myself. Most of the time it's a wish that's too vague and so I easily tire. That's why they say setting a goal that is S.M.A.R.T. (Simple, Measurable, Attainable, Realistic, Time-sensitive), may be easier to stick to and achieve. I don't know, I haven't tried that yet. I know atop my list right now is fitness. I feel a bit of rusting going on, if you know what I mean, and I want to do something about that. So I might try this SMART method.

Typically, the goals we consider most have to do with improving our health, creating and sticking to a budget, getting a better job, and organizing our lives. These are great goals to take on, but while health, financial, career, and organizational goals can help improve our physical and material lives, they do tend to lack in the spirituality department. For that, I say why not consider some soul-centered goals? The type that can help us grow spiritually and live in line with our values (and probably keep us sane). We can start a gratitude journal, for example. Pray. Practice patience. Live compassion towards others. Serve. Share our faith. Spend quality time with others. And so on. Just ideas.

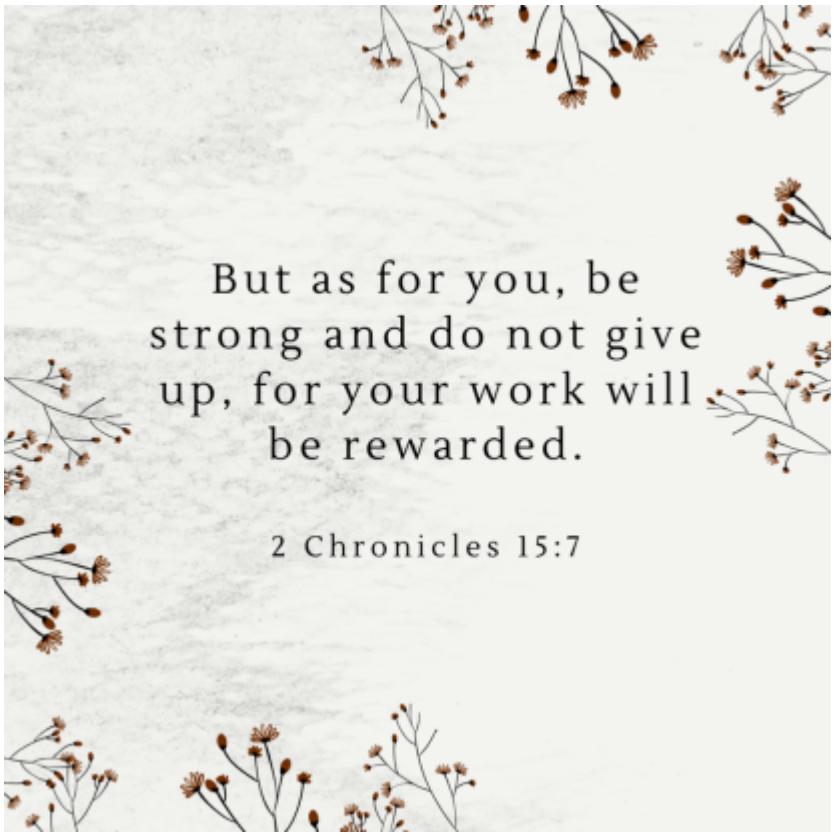
Anyway, whatever goals we decide to start, or find ourselves in the middle of, we must keep in mind that God will help us through our goal journey. So let's pray for focus and willpower so we can achieve goals we can be proud of.

Have you set any goals? What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"If you are bored with life, if you don't get up every morning with a burning desire to do things – you don't have enough goals."
–Lou Holtz

“The most important thing is this: to sacrifice what you are now for what you can become tomorrow.”
-Shannon Alder



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