

Situation – Reaction – Result

Motivation to achieve a goal.

1st - Define your goal.

It must be measurable, and realistically achievable.

For example:

- Lose 15 pounds of extra weight.
- Write and publish your memoir.
- Save \$4000 to travel to Europe.
- Write 20 poems a month.

2nd - Write down the steps needed to achieve the goal.

For example:

- No more between the meal snacks or dessert until the goal is achieved.
- Write 500 to 1000 words per day of your memoir.
- No more eating out or buying Starbucks every day.
- Write a poem every day before going to bed or before breakfast.

3rd - Overcome your excuses; the happenings that prevent you from achieving your goal.

What situations arise that prevent you from completing the steps to achieve your goal?

For example:

- I have too much stress in my life.
- My kids eat junk food around me all day.
- My spouse doesn't support me.
- The words just don't come to me.

What is your response to those situations?

For example:

- Sign up for a yoga class or seek professional therapy.
- They're your kids; rule – no more junk food in the house.
- Get a new spouse...just kidding. Be genuine and ask your spouse for support.
- Read, read, read, what you are trying to write.

What is the result you want to achieve?

- This goes right back to your goal. The key to making this work is:
- Situation arises that blocks the way. What is your response?
- It's your ability to manage your response in order to achieve your goal.

Remember this:

Situations, circumstances, and events, they come up. We all have them that block the way.

What is your reaction or response? This defines your success. The reaction must be to respond to the situation in a positive way. An action that works toward achieving your goal.

The result is the "Eye on the prize". Keep focused on the goal in every situation. Commit to those steps you defined toward achieving your goal.