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Goal Setting

The achievement of a goal is something that some people work at their entire life. In fact there are many professionals who don't "do" their professions but "practice" them. Doctors and lawyers come to mind immediately. Their "practices" are something that you become a part of when you join as a patient or a "practitioner." A common joke is that if your lawyer or doctor was any good why would he or she need to "practice." Yuk. Yuk.

Practice and goal setting go hand in hand for a number of reasons. Let's talk about goals first.

A goal is never real unless you write it down and set a completion date for it to be accomplished. Many people talk all of the time about how they want to retire by age fifty and lounge on the beach or how they want to travel the world as people of leisure or how they are going to buy that perfect beach house. The list goes on-and-on. Unless a serious plan and a completion date are set in motion, these goals are nothing but dreams. Not to be a mood killer, but we must admit that most dreams come true only with hard work and discipline. Without that duo, most dreams stay dreams. Usually it takes someone who is interested enough in YOU to hold your feet to the fire and keep you on course.

This is where "practice" comes in. There are some pursuits that are so complex but yet so rewarding that the professional, whether doctor, dentist, lawyer, priest, believer, or minister, can only hope to practice their calling and never master it.

Let's use Medicine as an example. It is a field that encompasses science, the humanities, culture, religion, and human emotion. It is so vast that there is no physician who can ever expect to understand it all. Because of this, the physician "practices" medicine. He cannot "do" medicine—no one can. This practice requires the discipline of learning every day of every week of every year or else that doctor will find himself very quickly obsolete. So practice actually translates into discipline. It is the same discipline it takes to attain a goal.

In setting your goals, you must write them down. You must commit yourself to the discipline of achieving them. And most important of all, you must have someone to guide you. It is hard and, more often than not, impossible to do it alone.

Duffy Achievement Group