

## Reaching Your Goals

### Take Baby Steps

Ever wonder how to get through your maze of a day, feeling like you've accomplished SOMETHING when you're done!

It helps to have a plan (I prefer lists, but I'm not militant about them). When you have a plan, you have direction. Direction breeds goals. And goals can be accomplished one, you guessed it, baby step at a time.

Then, pick the smallest step you can find from your...e-hem...list/plan/goal/whatever...and aim for the fences. Have you ever hit a wiffle ball with a bat, racket, or golf club? Not much arm needed, not too much skill, but you feel like a champ when you swing and good stuff happens.

The poor ball never has a chance, really. Kid's play? Maybe, but it's practicing the swing that's important. The more you practice, the better your technique, so when you set your sights on a real ball, your muscles know what to do and you'll make good contact.

Baby steps on your way to reaching daily goals are the same. Start small, with something you know a child could complete, finish it, then tell me you don't feel just a little better... a little less like the day's overwhelming you. Look! You've already finished something, and it's not even lunch time yet (so, I plan my days around food...a girl's got to do what a girl's got to do ;O). Maybe you've written a new page in a new chapter, or even just started a new chapter, in your WIP. Doesn't that feel good?

And guess what happens when we start to feel good about our chances to be productive today, rather than hopeless. Feeling good is the best motivator around. Those of us who spend our days working hard to make others feel good...guess what we can't forget--we have to feel good about ourselves, or the helping others thing won't work for very long.

Next, get yourself moving, get out of the house/office/carpool line, and do something active. Whether you work at home or in a cubicle, or spend most of your days driving to and from, exercise is the most important part of feeling good about yourself. Endorphins and stuff like that. Good body image breeding self-confidence...positive attitude...that sort of new age nonsense. You know, the theory that if we're healthy on the inside, the stuff we do in the world will positively reek of a healthy outlook as well.

So, this has turned into a rant for positive goal setting, following through, and getting our butts in gear. Did you really doubt I'd find my way there today, now that I'm zeroing in on next month's deadline? I managed an entire new scene in the WIP yesterday. I was aiming for chapter, but the baby step I achieved actually has me believing finishing this !\$@@\*% thing is possible. Today, I've put my son on the bus, posted to the loops and links I need to, am going to yoga in an hour (lots of deep breathing and taking care of the internal stuff), and will still have hours of child-free time in which to create before my beautiful boy gets off the bus. Really, light years more than I've done in single day since coming back from National conference and collapsing in my own, soft bed.

Baby steps, ladies...embrace the kicking, screaming infant inside you today! It does a body good ;O)