



Carpe Diem

Listening to the radio on my drive to work this morning, two expressions were used...Carpe Diem (seize the day), and Armageddon (the last and completely destructive battle).

Some things most certainly sharpen the mind...An impending deadline, something that we are desperate to achieve before a timeline expires. Certainly, if we knew the world was coming to an end, it would focus the mind!



We have some 27,000 days on earth, if we take a standard life expectancy. On one hand, that may sound a lot, but on another, time flies and when that personal Armageddon arrives, we want to ensure that we have crammed as much into our days as possible. It's far too easy to carry forward actions from a "to do" list or allow "bucket lists" to grow without action!

One thing that we should all use is "Goals"...Both short term and long term. The short term may be stepping stones which allow us to reach the longer term. Once speaking with a newly appointed Football League referee, his goal was to referee a World Cup final. Fantastic ambition, yet potentially some 20 years distant!

Goals should be something that we want to achieve with a passion, that we can picture, that we imagine in such a way that we can almost touch and feel them. If it's something that excites us, we are far more likely to use "stretch" to achieve them.

Goals change and evolve, and we create new ones all of the time. We may have both short and longer term goals, but never more than three at any one time.

Goals should be supported by S*M*A*R*T objectives...

Specific/**M**easurable/**A**chievable (with some stretch) or agreed upon/**R**ealistic/**T**ime-based

We need to know exactly what the Goal is, what measure will be used to determine the outcome, that all parties accept, that there is the potential to achieve, and by when.

One technique that helps us to "Be the Best Version of Ourselves", is the use of **Affirmations**.

Affirmations that when used regularly and for 28 days, change our way of thinking....More next week on this.

Discipline is the bridge between goals and accomplishment.

Jim Rohn