

## GOALS

Someone asked me how I could possibly want to write down my new year's goals after a year like 2020!

"No one knows what 2021 will hold?" she ragged on me. "Heck, the pandemic could get worse before it gets better! The experts are saying masks for another year. What if another strain comes along? Why set yourself up to be disappointed over events you have no control over?"

Why?

Simply put: I can't imagine facing a new year without MY intentions being included in the unfolding of the months ahead.

Writing down 104 goals has been part of my New Year's Tradition since I was in my twenties, and I sure don't intend to stop now! My goals are part of my being, my roadmap, my ace in the hole, my what ifs? They are a barometer of where I am and where I want to be.

Most of all, I refuse to willingly allow COVID-19 to take away one more thing from life that I value.

Looking over my 2020 goals, I was amazed to cross off 56! Any other year I might have been crushed; what ONLY 56 goals? Barely over half of all my intentions, wishes, dreams, and goals were accomplished?

But I was ecstatic -- 54% is not bad for a year like 2020 and I immediately set off to create my 104 goals for 2021!

I've learned that goals don't have to be huge or grandiose. They don't have to be once in a lifetime achievements - but they can be life-changing. Goals are really just intentions with clarity, dreams with ladders to reach them and sometimes just our wishes. Creating them is the most fun when we allow ourselves to daydream.

It's not too late!

Grab a pen and paper and jot some down.

Remember writing them down is essential.

Use words such as *I am*, *I have*, or *I enjoy* before describing your desire instead of using words such as *I want*, or *I need*. Even saying *I will* implies that the desire could happen 'someday', maybe.

For those really outrageous things that you've always wanted to try or have or do, use the term **I explore**. You'll be amazed at what all you did see happen when you review your list this time next year!!

Goals say to the world: I believe in the future and I believe in me.

That's not a bad way to start any new year.

**Dorothy Gibbons**  
**2021**