

Making Your Goals a Reality

With the beginning of the New Year, many of us will take part in the tradition of making the new year resolution of bettering ourselves in some way. But for many, these resolutions will dwindle as the sparkle of the new year fades. Maybe you want to run your first 5K, set a new personal best at a given distance, or compete in your first triathlon.

I recommend the following five tips to make your goal a reality:

- 1) Set aside a specific time to commit to achieve your training goals. This makes it easier to stick to your new healthy activity at a time when other events and obligations won't impose and throw you off track.
- 2) Ambitious goals are great, but if they are too great you risk disappointment and frustration. Invite family and friends to train with you. Make the training a social event – this incorporation will help keep your motivation strong and create quality time around healthy activities.
- 3) Reserve time solely to reflect on your goals to keep them in check. This gives you the space to re-evaluate your goals and revise if necessary.
- 4) Make your goals specific and measurable. Simply completing your first 5K/triathlon is a good goal. Registering for that event is an even better one!
- 5) Remember to celebrate each milestone you complete along the way and reward yourself.

I hope these tips help you reach for and achieve your most significant goals. Goals and the achievement of goals gives purpose to daily activities and brings satisfaction to life. With focus, commitment and hard work, there are no limits to the goals you can reach!

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