

Read the description below and answer the questions below.

Consider a time when you were able to reach an important goal you set for your life. Picture it in your mind. You wanted to reach the goal. Things may have gotten in the way, but it didn't stop your pursuit. You might have gotten tired, bored, anxious, but none of the that mattered. You didn't stop. Then there it was. The goal. You reached it. You were excited more than you thought you would be. You couldn't stop talking about it. The smile was etched on your face.

Life is tough. Sometimes, just pushing through a problem seems too much. Describe how you were able to keep pressing towards your goal.

When times seem much, and the journey seems long, often the goal seems blurry and distant. Describe how you were able to stay on track. How much of this process was you alone and what roles might had others played?

Racing thoughts (rabbits) are often a part of normal thinking, but they often get in the way of achieving goals. What are ways you manage to stay on track? How effective are you at using your methods of managing rabbits?

It was John Donne who penned, "No man is an island." This is true in most every aspect of life. When achieving goals, most often there are those who help us along the way, sometimes in little ways, sometimes big. Who helped you along your journey?

*"Success is not final, failure is not fatal: it is the courage to continue that counts."
- Winston S. Churchill*

