

Tip #2

Learn How to Set Both Broad And Narrow Goals

Having a big goal increases motivation. When you know that the task you're doing is moving you toward that goal, it helps you keep working even when the going gets tough.

At the same time, gifted people often change those big goals quite often, and you can end up feeling like you never achieve anything because your target keeps moving.

The solution? Make sure that you set some narrower goals in addition to your big goals.

Narrow goals give you the opportunity to feel a sense of accomplishment and progress, even if your broad goals are a moving target.

A broad goal would be to become a doctor.

A narrow goal would be to get CPR certified. Even if you change your mind about becoming a doctor, you still have accomplished something useful to yourself (and others).

Perseverance is not a long race; it is many short races one after the other.

- Walter Elliot

Action:

Write down one broad goal you have right now.

Think of two narrow goals that you could also set for yourself that would give you a skill you will have for a long time:

1. _____

2. _____