

## **The Time Is Now**

By Sharon Lee Riguzzi

How many of you have ever taken the time to write down a list of goals?

I was surprised when I attempted to do this and it took much longer than I thought it would to come up with a Top Ten list of goals. Here's why: In the past when I made this list, I would do it just as an exercise, never believing these things would come to fruition. This list was of no greater importance than a grocery list, no great shakes if I didn't get to everything on the list. But this time I worked on the list more in the mode of thinking of my dreams and desires that I plan on accomplishing this year. Big difference, because I believe I can accomplish these things. And that's the key.

No matter what dreams and desires you plan on accomplishing, you need to believe you can achieve them, and you need to start this moment. Right now. After completing my Top Ten goals, I realized I've been craving more balance in my life, so I went back and labeled which goals were professional and which ones were personal. Interestingly enough, I have five and five. So this means I desire balance, now I just have to take action to make it happen.

No matter how much I wish my new were Samantha and I could twitch my nose and accomplish my goals (some of us really did live in the best television era!), everyone of these dreams and desires won't happen unless I have a plan or what we like to refer to as storyboarding.

It's easy to get overwhelmed when we look at any item on our list (to lose weight, save for a car, pay off credit cards, spend more time with the family) because in this fast-paced world we live in, our biggest complaint is we don't have time!

I beg to differ with that lament. We never seem to have the time for our goal, but when someone else asks us for help, in many cases it's so they can meet their goals. While we may hesitate for a moment, we always find the time to pitch in.

Now you need to pitch in for your own Winning Outcomes. You need to take daily steps toward your dreams. It's exciting when you realize that these goals within your grasp. They're yours for the taking.