

Careers

Did you know?

“The starting point of all achievement is desire.” - Napoleon Hill

It is generally encouraged that you check your progress a little less frequently for longer term goals than you would for those you hope to achieve in a shorter period of

Occasionally Check Your Progress

The very definition of a goal implies that it must not only be specific and realistic, but also measurable. When it is difficult to measure the progress you have made in achieving a specific goal, it is highly unlikely that you will be very motivated to keep pushing yourself to meet that goal. Just think about it, if your goal is to get to work on time tomorrow, you will constantly check the time at each

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of your goal of getting to work on time tomorrow. If you were driving down a busy freeway and nervously checked the time every 60 seconds, would that help you get to work any faster?

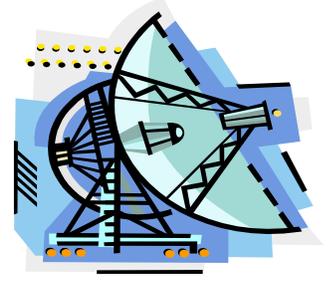
stage in the journey. If you notice that you are running behind time, you will automatically start driving or walking faster because you know exactly how much time is needed to meet your goal of being on time. If that goal was a little less defined, for instance, if you decided that ‘someday’ you wanted to be famous, how would we know when to start speeding up?

I highly doubt it. There will always be factors or obstacles outside of your control like the weather or traffic. Constantly checking the time will not remove these obstacles. At that rate, you may

Motivation, that intrinsic desire to attain your goal, is what will ensure that you will do anything to achieve your goal. This could require that you speed up, slow down or even change course altogether.

But motivation is a very fragile occurrence. You constantly need to fan the flames of desire in order to keep yourself motivated. That is why it is so important for you avoid the

never reach your destination because you are too distracted by the time and may very well end up in an accident. While it is good to evaluate your progress in order to determine whether your current approach is



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progress too often. Checking your progress only occasionally is one of the best ways to develop a realistic view of your progress. After all, Rome was not built in a day. This is especially so for long-term goals. To help you get the point, let us revisit the illustration

leading you to a successful outcome, doing so too often will be both distracting and disappointing. Checking your progress too often is one of the easiest ways to demotivate yourself. You may condemn yourself as not making any progress at all.