

The Challenge of Focus With Long-Term Goals

Nearly anything is achievable with enough time, but can you stay focused long enough to cross the finish line? In today's world, it's harder than ever to focus, even in the short-term.

Maintaining focus on a goal for several months or longer needs to be its own goal. Few of us have the natural ability to focus for that long.

Motivation is easy in the beginning. It's easy to think about achieving a big goal and feel excited. Over time,

motivation fades away, and challenges begin to appear with regularity.

The additional distraction of everyday life can be enough to direct our focus to other matters. Once this happens, it's very difficult to get back on track.

How to maintain your focus and achieve your long-term goals:

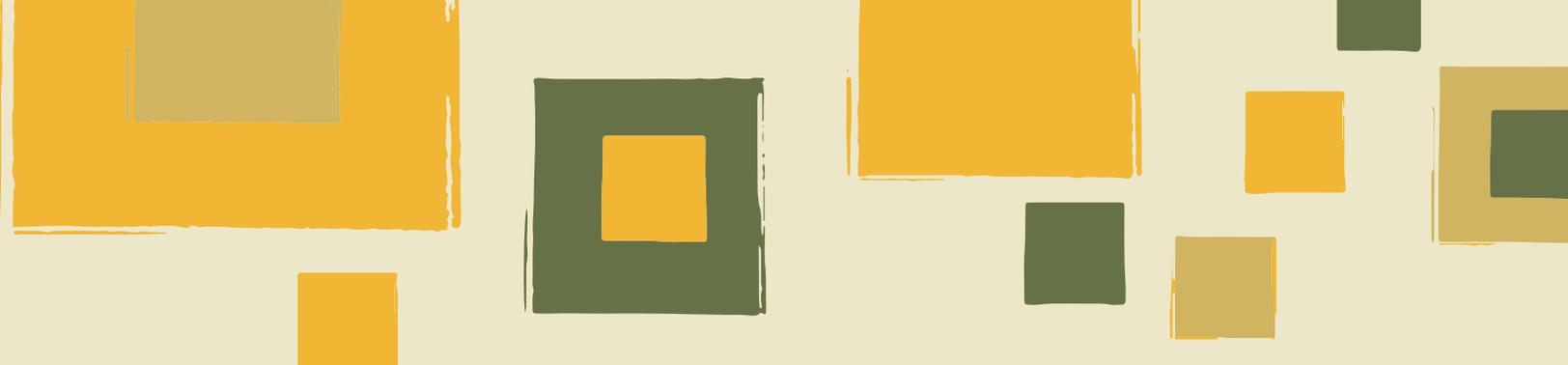
1. **Set short-term goals that eventually lead to your long-**

term goal. Long-term goals can often be years into the future. No one can be expected to maintain a strong daily focus for that long. Break your long-term goals into a series of shorter-term goals. Try to set goals that are no more than 12 weeks into the future.

2. **Remind yourself of your goals on a daily basis.** Make a habit of keeping your goals fresh in your mind. This is easily accomplished by making a habit of reviewing your goals on a daily basis. At least once each day, spend five minutes looking over your goals. It can be that simple.
3. **Take action each day.** Another way to maintain your

focus is to take some sort of action toward each of your goals each day. It can even be something small. The point is to keep your goals fresh in your mind by working towards them at least a little bit each day.

4. **Stay motivated.** Make use of motivational materials to keep your focus on track. You should have a good idea of what inspires you. It might be motivational quotes, music, or certain movies. There are many motivational talks available on YouTube. Regular use of these items can keep you motivated and focused over the long haul.
5. **Notice your progress.** Progress equals motivation.



You can keep yourself motivated by noticing and tracking your progress. If you feel your focus starting to slip, review the progress you've made up to this point. High performers know the importance of tracking results.

6. **Organize your life around your goals.** Make your goals a significant focus of your life. Schedule at least part of your day around working towards your goals. When your life is built around your goals, it's easy to maintain your focus.
7. **Deconstruct your long-term goals each night.** When you're lying in bed each night, review your goals from beginning to end. Think about what each step along the way might

entail. Imagine all of the potential challenges you might face and how you will address them. Become such an expert on your goals that they become a part of you.

Focus is hard to maintain without giving it the attention it deserves. Sure, you can push through anything with enough motivation, but how long do motivation and willpower last?

One study found that less than 10% of the people that set New Year's resolutions actually achieve them. The odds aren't in your favor if you don't learn how to create and maintain focus long enough to be successful.

Most big goals take months or years to achieve. Some goals can take an entire lifetime.

Learn how to maintain your focus on your dreams. You can't be successful without it.