

GETTING THROUGH TODAY

A Clinician's Viewpoint

Getting started today, I already have two problems: I only have today and already too many other people want their say.

Having only today is both a fact and an attitude. Yesterday is gone. Tomorrow never comes. So, if I want a life it has to be today.

The many others who want a say in my day include my family, my work, my health, my club, my church, my bank, my credit cards and all my bills. Not to mention the news, the media and the traffic. I can count on a minimum of 100 distractions.

How in the world do I get to live my life today? The big fact is that I'm the only one who can make my day – and God, of course. So how do I have a life today?

There is a very simple, but not easy, way. I can start the day by deciding what I will do today. I can pick one thing, and its results, and make that my goal.

For instance, today my goal is to make sure I give my wife support for what she does – I will do this twice today. When she dresses I will compliment her. At dinner, I will thank her for the good meal.

This sounds so simple – even dumb. Not so! My day could be so busy I could easily miss doing these simple, yet good, things.

This simple goal method has sound research experience. There are not many things in life we can predict. The research tells us that our odds of meeting a simple goal are good provided: (a) I write it down (b) I make the results very specific and (c) I ask someone to help me keep track.

Why do such simple goals work so well? First, I am more than half way there as soon as I write it. Then, a specific goal clears the path through the jungle from the many other demands on me. When I get in the goal habit, my life gets better and better because I am regaining control – one step at-a-time.

What about God? Again, this is simple but not easy. If I have faith, then my goal will fit my beliefs. This really makes my day – I am not only shaping my day, I am doing it in tune with the Creator of the universe. Not bad!

If you want to check out this goal method, go to www.newhopecovenants.org. There, pull up the **Covenant** material which gives a catalogue of goals and the steps for effective goal-setting.

Authored by Robert C. Shaw, B.A.Sc. B.D. M.S.W. Cert.

President, The Markham Institute for Human Services

Please see: www.themarkhaminstitute.org

Contact Robert at: rececshaw@aol.com