

One trick to persevere with a long term goal is to make it part of a series of short term goals. **Tackle it in steps.** Reach the first step and you'll have the confidence to reach the next, and so on. It also makes it seem that the long term goal is on the back burner when you concentrate on a series of short term steps. If you don't have enough of these interim goals, the long term goal can overwhelm and fatigue you.

Describe one goal you know is in your heart or describe one goal you would like to have in your heart.



ALWAYS VISUALIZE. When I joined the Olympic team, one of the first things the coach did was show us several minutes of videos, first of teams that lost games in the last minute, then teams that won in the last minute. He then said, “Imagine which you want to experience, winning or losing. Visualize yourself standing there on the podium and having a gold medal put around your neck.”

That's what I did, visualized myself standing in victory in Atlanta at the 1996 Olympics. But then I put it on the back burner because I knew there would be a lot of work to do before we got there. Both my teammates and I started with small goals first and any time we began feeling discouraged, we again visualized standing on that podium. Then we would begin working and pushing each other again. That's how we eventually won it!

Visualization helps. It can help you with anything—from getting an A on a test to singing well in the church choir, finishing first in a race or winning an Olympic Gold Medal. It helps build confidence and helps you to relax into the win. **When you are tense, you block your own power, so you definitely want to visualize from a positive standpoint.** It will clear your mind, relax you and give you the best chance to achieve your goals. It's almost like daydreaming, but it really works and always puts you in a good place.

What do you visualize yourself doing?
