Imagine a child standing on a diving board four feet high and asking himself the question: "Should I jump? " This is what motivation or the lack of it can do. Motivation and goal setting are the two sides of the same coin. Without motivation, you can neither set a goal nor reach it. Like the child on the diving board, you will stay undecided.

So how should you motivate yourself? More than that, how should you stay motivated to achieve the goal? First, you need to evaluate yourself, your values your strengths, your weaknesses, your achievements, your desires, etc. Only then should you set your goals.

You also need to judge the quality and depth of your motivation. This is quite important, because it is directly related to your commitment. There are times when your heart is not in your work. This can affect your work.So, slow down and think what you really want to do at that moment. Clarity（清晰）of thoughts can help you move forward.

Another way of setting realistic goals is to analyze your short and long term objectives, keeping in mind your beliefs, values and strengths. Remember that goals are flexible. They can change according to circumstances. They also need to be measurable. You must keep these points in mind while setting your goals.

Your personal circumstances are equally important. For example, you may want to be a Pilot but can’t become one because your eyesight is not good enough. However, this should not discourage you.You should reassess your goals, and motivate yourself to set a fresh goal.

You will surely need to overcome some difficulties, some planned, but most unplanned. You cannot overcome them without ample motivation. Make sure that you plan for these difficulties at the time of setting your goals.