**Are we there yet?**

Right in the next 5 years I want my life to look like…. Does that sound familiar to anyone? Well I’m sure it does and I’m here to tell help you avoid the same mistakes that those poor unfortunate souls made. You see the problem with setting goals is that they give you a false sense of reality and make you think that life is a fixed step by step process, when really it is a constantly changing fluid process.

To be honest there’s nothing wrong with making a plan, in fact id argue that planning is an essential part when it comes to achieving anything, the trick is to be able to rip up that plan and start to change course when life takes you in that direction. You see when most people make goals they do it with a vison on how they want things to happen, and the longer they spend fixated on that vision they forget why they made the plan in the first place. You could say that they become more bothered about the way things happen instead of it happening at all.

Imagine you were 20 years old and your dream was to make it to the Olympics so you made a “5 year plan” and on the 5th year you knew you weren’t going to make it, what would you do? Well these are the options that most people are forced to choose from. Starting with the most common choices which are quitting and try something new and in very rare cases carrying on until they achieve their dream.

**You’re not in charge!**

If you’re like me I’m sure you’re asking yourself why is that so rare, I mean you’ve dedicated 5 years of your life to it surely sticking on that path is the most likely option. But the thing you have to take into account is that to choose to stay on a path that you already failed on takes a strong character that is rarely found in people. I mean it’s hard to ignore a voice that keeps saying “you had 5 years to get the job done but you didn’t so why bother to keep going, I mean is anything really going to change?

When we hear that voice, we all do the same thing and we agree with it, but why wouldn’t we its not like that voice is lying and by this point the disappointment and sadness of failure has made us forget why we started the 5 year plan in the 1st place. And with all that put together why would we carry on, if only there was a way to make this process easier.

Now that we established when cons that come with goal setting how do we go about reaching our goals without setting them. Well of course its vital to know or at least have an idea of what you want out of life but you have to focus on what you can control and one you thing you cant control is when things will happen. You can do everything right and still fail that how life works, life has a funny way of always giving use subtle reminders that we are not fully in charge.

**Here's where standards come in**

It took a while but were finally here, the main thing to focus on when it comes to working towards your goals is holing yourself to a standard. The reason for this is because your standards are totally up to you and they will determine how you handle your opportunities whenever they arise. You see the reason why you should focus on standards more so than goals is because your standards are the biggest factor that you can control when you are trying to reach your goals and when you are focused on meeting your standards on a daily basis you forget about the time and you allow life to do its magic.

So following on with the example of the wannabe Olympian, if he just woke up every day and just held himself to the required standard when it came to his trained, diet and whatever else an Olympian is required to do without the time frame hanging over his head, he still might not have made it. But I can say with certainty that he would’ve enjoyed the process more and it might sound like a small consolation, but you’re in the thick of it and you can compare your experiences you’ll quickly realise it was a lot more than that. I guess what I’m trying to say is that you need to do the work knowing that success will come but not how you want them to and definitely not when you want them to.

But maybe that’s a good thing because I don’t know about you but I’m not that smart and it just might me a good thing that I’m not fully in control of this weird and wonderful journey that we have all been gifted called life.