

ANOTHER VIEW ON ACHIEVEMENT

By Jack Geary, May 2005

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Stew Smith¹ is a professional fitness trainer who has demonstrated credibility in his field. His comments on fitness training are applicable to achievement in general. He writes that there are five psychological phases used to describe goals:

First Evolution- Achievement is a Decision

This phase takes about 2-3 seconds. (Pretty simple is it not!) But! It takes about 2-3 weeks to make it a habit. This phase is “filled with motivation and a general excitement...”

Second Evolution- Doubt

Doubt can crush your progress or make you stronger. It is natural to have doubts about whatever you are undertaking. So, start doubting yourself as quickly as you can and get over it.

Third Evolution- Conquering Doubt

A most exciting phase to say the least- A phase you have to redo throughout your quest towards achievement. Mr. Smith states this is where the mind and body connect.

Fourth Evolution- Self confidence

A total identity change. You now associate yourself with achievement to the point of inspiring others. Your work ethic will set an example and role model aspiring on achieving something important. You are perceived as a leader. You are a leader. In fact, Mr. Smith states that slacking off will make you ill.

Fifth Evolution- Repeat One through Four

The journey never ends. Continue to set and conquer goals for yourself. Whatever you like- a course grade, completing one semester successfully, completing a certificate, general education transfer requirements, a challenging course, such as, Math or English, certificate program, AA/AS degree, BA/BS degree, MA/MS degree or PH.D.

MOST OF ALL, DO NOT QUIT!

Achievement is a journey- not a destination.

¹ Stew Smith, e-Books, Stew Smith.com. Mr. Smith is a graduate of the United States Naval Academy. He served with the Naval Special Warfare Command, Naval Special Warfare Group, Lieutenant - SEAL