

What if You're Having a Problem with a Goal?

If you feel like you aren't making progress, it's time to review your plans to make sure the tasks are still on target. You also will benefit from talking with your SDC Advisor and other supporters.

If you've done these things and still your goal isn't working out as planned, it's time to look at your larger goal again (rather than just your tasks to get there). Ask yourself if this goal is still important to you. If not, then this is probably the reason things aren't moving forward as planned.

Or, it could be that in the course of working on your goal you learned something new about yourself. You may have learned that you're not cut out for a certain job, course of study, or whatever the case may be. Realizing something like this about yourself is NOT a failure. It's a normal part of learning about yourself as you try new things.

Or, it could be that as you're growing as a person, you may no longer actually be interested in the goal you once held for yourself. You couldn't have known this until you tried it.

If any of these things is true for you, then it may be time to consider and choose a new goal that better fits your lifestyle and new hopes for yourself. Talk it over with your SDC Advisor and other supporters to make a plan.

If none of these is true for you, it could be that other things are interfering with your progress. Knowing when to put stop and deal with interferences is as important as pushing yourself to succeed. Just be sure to talk things over with your Advisor and other supporters. Few people can deal with problems and barriers without support and advice.