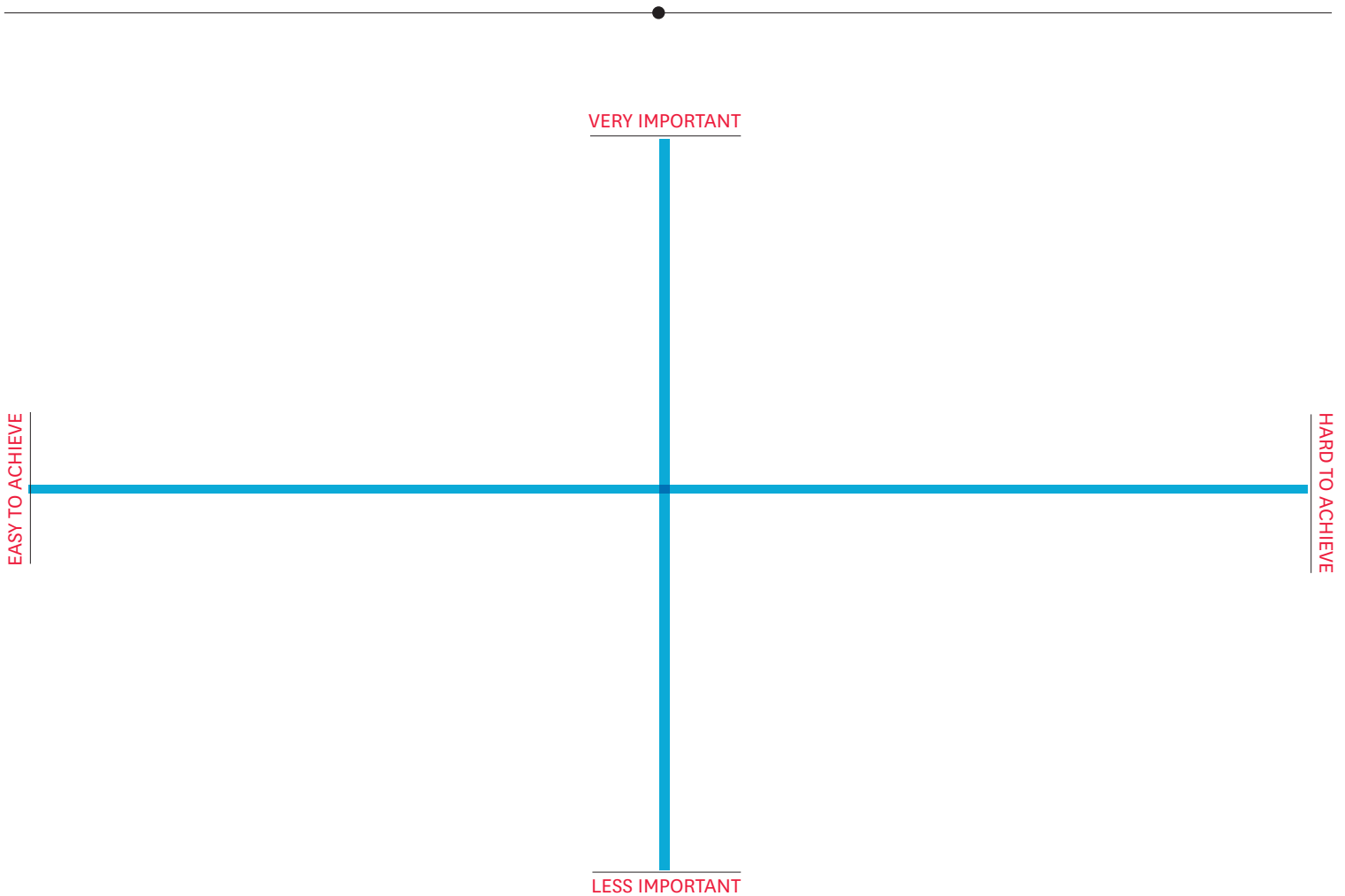


Could Your Dreams Use a Wake-Up Call?

On this graph, plot seven things you fantasize about accomplishing someday, considering both how important the goal is to you and how easy it would be to achieve.



Cultivating goals of different sizes and durations will help you fulfill them, says M.J. Ryan, author of *This Year I Will...* “Big dreams give you something high to aim toward, so you’re pulled far into the future,” she says. “But when you set out to do something small and you succeed, you prove to yourself that you’re capable. That gives you fuel to accomplish bigger goals.” Are all your dreams clustered in one part of the graph? Look again. If your goals are mostly long-term, try to break them down into more immediate challenges. If they’re mostly short-term, look for similarities: They may all be pointing to something big.

