

Five Strategies to Practice When you Forge Ahead!

There is still time so the only thing to do is forge ahead.

When it comes to achieving a goal, it can be so easy to give up or procrastinate when you get to the crossroads of recognizing you haven't accomplished what you thought you would and thinking there isn't enough time now to do it.

October is a crossroads month. It's a new season which brings some motivation for change and a desire to get back on track, but it also starts the last quarter of the year. You could be debating in your mind of whether to stay the course and get done what you can towards accomplishing your goals or the thought of procrastinating and waiting until the New Year could be popping in your mind.

Let's be clear, there is no better time than now! You can get a lot done in the final 3 months of the year. There is still plenty of time, so the only thing to do is forge ahead. To forge ahead means to move forward slow and steady. Just keep going in the right direction. Remember, three steps forward and two steps back will still get you where you want to be. The key to success is to keep forging ahead.

However, there are five strategies to follow when forging ahead that will help you stay the course. Using the acrostic **F-O-R-G-E**, we will share them with you in this article.

“Five Strategies to Practice When

you Forge Ahead!”

Focused –

Energy flows where the attention goes. Concentrating on the most pressing needs at hand will help you put your attention in the right place. Distractions will always knock at your door, but it's left up to you to keep your mind locked in on what's important. If you don't keep your focus on what it is you want to achieve, you will end up wasting your time and energy on things that don't really matter in the long run. Your focus will determine what you accomplish in your life.

Optimistic –

Always believe the best is yet to come. Being hopeful and excited about what is in front of you is the best motivation. Research shows that optimism helps people to be successful. Being optimistic isn't about ignoring problems or only seeing life through rose-colored glasses, it's about expecting that things will work out. It's about focusing on what matters and the things you can change, not the things you can't. Being optimistic goes hand in hand with action. It's a healthy balance between being positive and realistic.

Resilient –

Resilience is the ability to withstand adversity and bounce back when you get knocked down. When you are resilient, you can recover quickly from difficult situations. Being resilient does not mean you want experience stress. It just means you are able to work through the emotional pain or suffering that happens in hard times. People face all kinds of hardships in life but learning how to be more resilient will help you keep going when you want to give up.

Gutsy –

How brave and determined are you? Call it guts, courage, or nerve, but the more you have of it, the better off you will be. Being gutsy isn't the lack of fear, it's forging ahead despite your fear. If you are gutsy, you will do what is right, moral, and legal no matter how uncomfortable it may feel. It takes courage to do things you've never done and to trust you will succeed. Whatever it is you want, have the guts to forge ahead and make it happen.

Efficient –

Working in a well-organized and confident manner will get you good results. With all the demands and options coming your way, not being efficient will add up to big problems. Being more efficient will save you time, money, and resources. It will free up space for you to work on what's most important and help you move in the right direction towards your goals.

When it comes to achieving your goals and dreams, there is one thing we know for sure, if you are going to be successful, you must forge ahead. There is no easy street to success, it is hard. It requires you to take slow and steady steps in the right direction. Some days you will fail, but you get up, learn, and keep going. Apply these strategies to forge ahead and you will get where you want to go.

Article Written By:

Kim Martin, Founder of I've Decided, INC.

www.ivedecided.org

