

Homework in chemistry

Chemistry

In order to achieve goals and solve the problems that impede this, it is initially worth carrying out their detailed inventory. Try to clearly formulate what you want from life that I would like to change and what purposes you want to achieve. Detail them in detail on paper, without missing anything. But it is better to do this exercise in Word program, it will be more convenient.

Signed (printed)?

Now draw the table and distribute these goals by groups:

- work / study;
- personal life and family;
- creativity and self-development;
- Health and inner harmony.

Take a look at the table. Analyze in which block is the most objectives? What less? Where should I pull up your resources? Reference about how important these goals are important for you and how soon you would like to achieve them. Maybe you will add to them another couple of whom they did not remember right away, but which I would also like to achieve in the future.

And now draw (or construct in the program) Table of 3 columns:

- My goals;
- how important this goal is (write, as far as the percentage from 0 to 10);
- What I need to do to achieve this goal.

On the computer it will be easier to distribute the goals in the columns, you will not have to rewrite them again. You can simply cut and paste, or drag items to the desired block.

In the last column, they write in detail what ways you could come to the desired goal, as I could correct the situation, etc. It is very important to miss anything.

And now try to choose the most relevant to you from all your goals (look at interest) and opposite everyone write, whatever you can do daily to bring the result. These can be pretty simple steps, but such that can be performed every day and they will contribute to the achievement of the desired.

For example, one of your goals - to find a soul mate and engage in interesting hobbies. What can I do to achieve this? Options may be such: to attend events, expand the circle of dating, communicate on the forums, do a new case (for the first goal). Or remember what I liked to do before, googled the options for interesting or unusual hobbies, sign up for a master class, etc. (for the second). By the way, ways to achieve different goals can be similar, for example, to achieve the first goal will also be relevant to find a new passion (put a plus game above this method, it will mean that this is a particularly important and necessary point that will allow you to kill two hares at once).

Make yourself a list of cases on the day in which items will be present that will help to achieve the desired. For example, today you cannot attend some event or gather with friends, but you can briefly go to the thematic forum or dating site in the evening. Or you work all day and for you it is quite problematic to carve time for a fascinating master class, but you can give a few minutes to read about the hobbies of people and think about how closely you are.

The most difficult regularly take a step towards the goal. However, with sufficient development, the results are not forced to wait!