

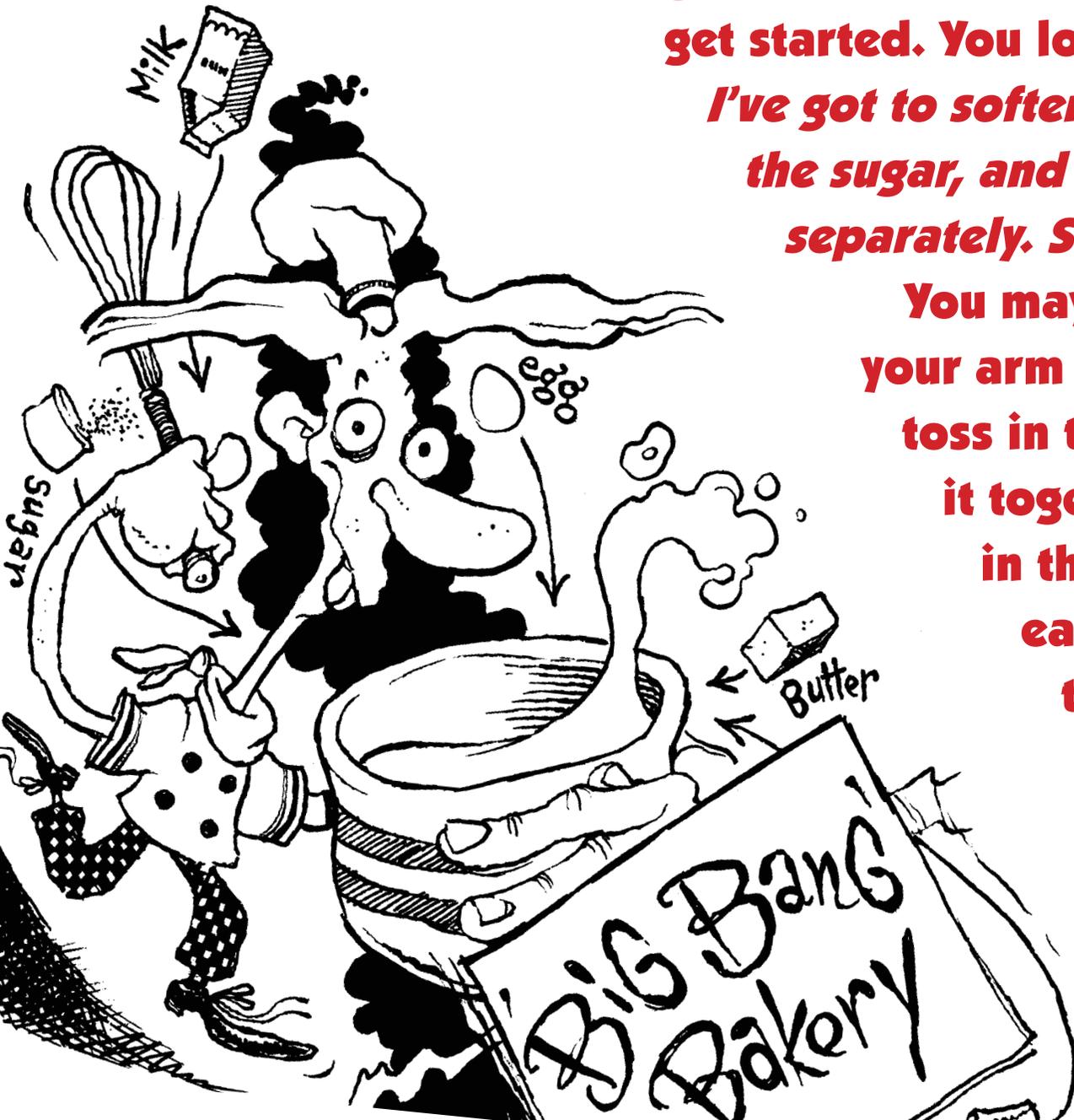


BITE-SIZE GOALS

You want to grow and progress, but each step can seem tedious when you're looking at the long-term goal and wondering if you'll ever get there. But it's steady steps that ensure a good solid triumph.

Imagine you want to make a cake. You have all the ingredients in your kitchen, and you're ready to get started. You look at the recipe and you think, *I've got to soften the butter, and then put in the sugar, and then add and beat each egg in separately. Separately?! What's up with that?*

You may prefer to put the bowl under your arm and run around the kitchen, toss in the ingredients randomly, stir it together all at once, and throw it in the pan to cook ... or maybe just eat the batter. After all, the batter tastes pretty good, right?

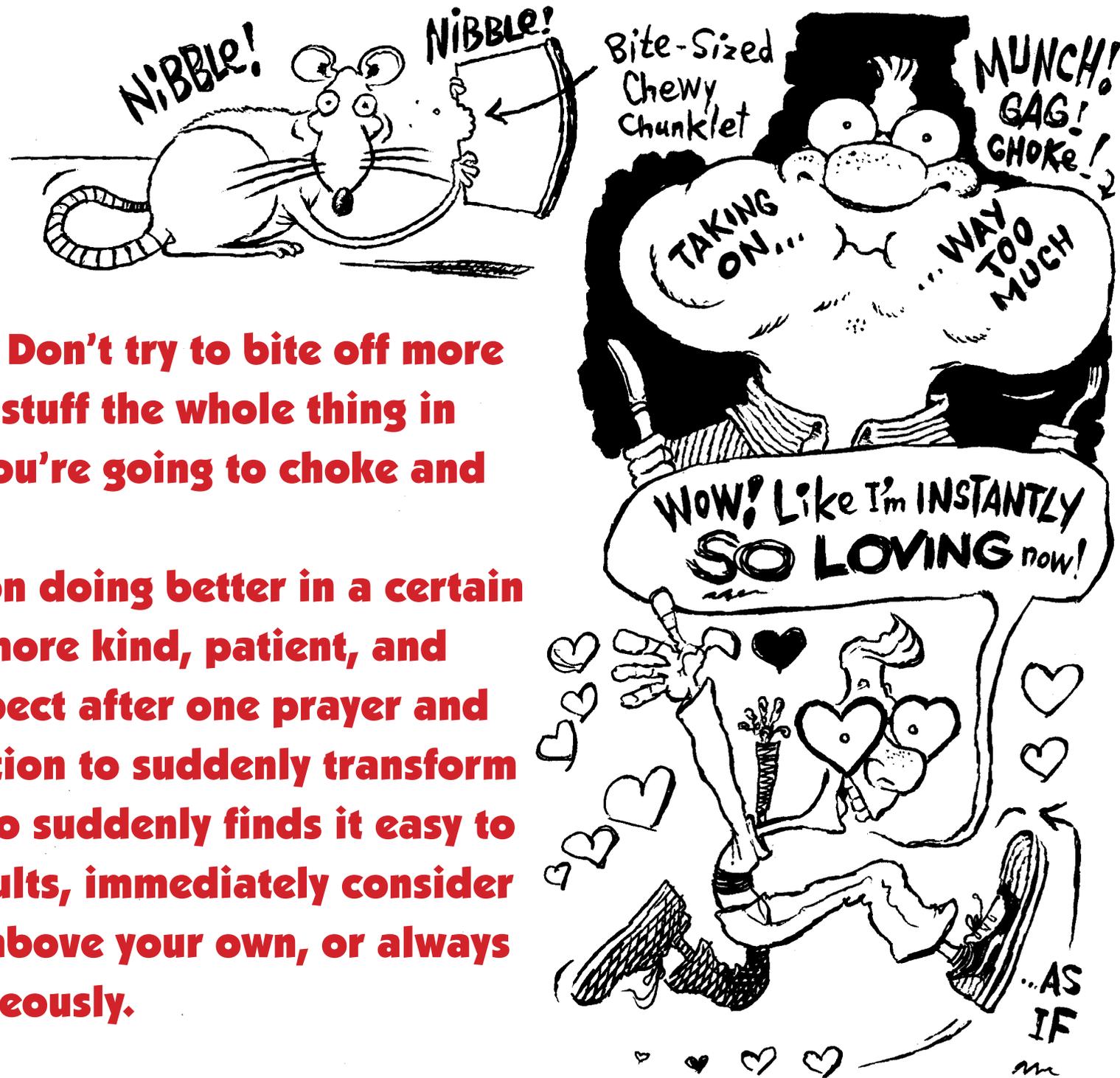




Learning new things in life, like baking a cake, is a step-by-step process. When you bake a cake you have to measure, sift, beat, and fold the ingredients. You have to grease the pan before you put your batter in. Then you must wait for the cake to bake. All these steps take time, but there's a method and a process that helps the cake turn out well.

Now let's apply this to learning life skills. Think of the steps you have to take to reach your goals—make them bite-sized goals. Don't try to bite off more than you can chew, or stuff the whole thing in your mouth at once. You're going to choke and get discouraged.

If you're working on doing better in a certain area, such as , being more kind, patient, and considerate, don't expect after one prayer and moment of determination to suddenly transform into a new person, who suddenly finds it easy to overlook another's faults, immediately consider someone else's need above your own, or always react kindly and courteously.



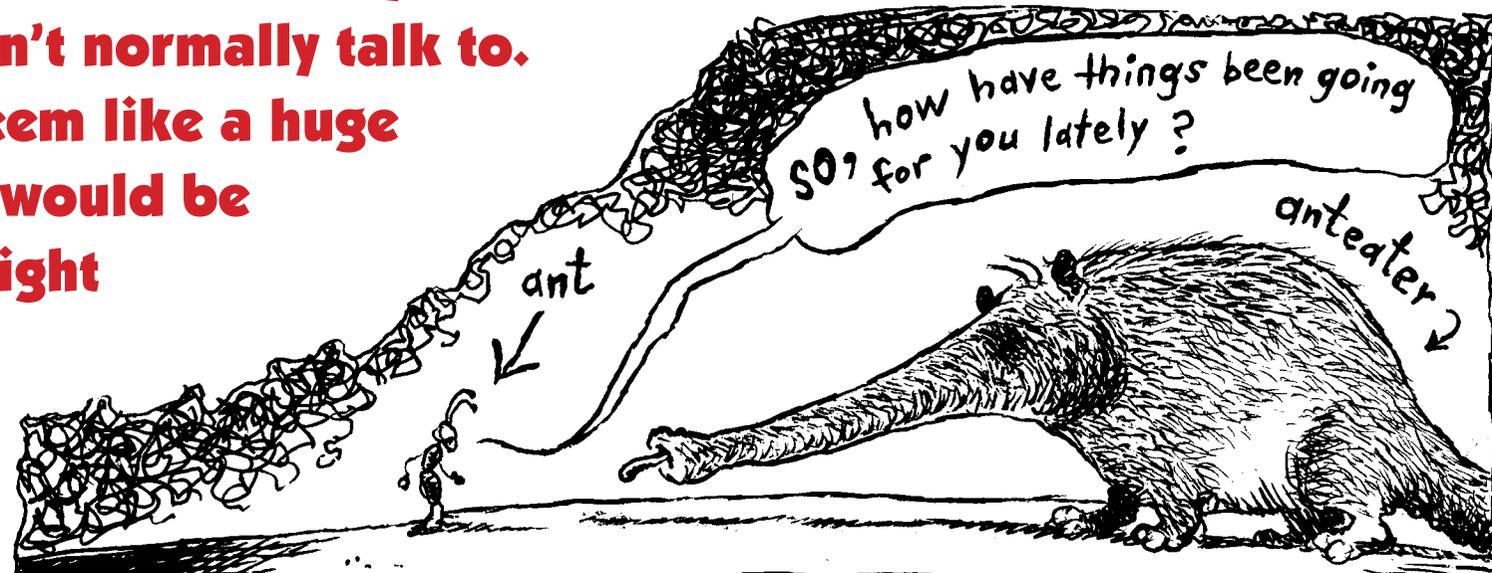
A cartoon illustration showing a man with a long nose and a dog on the left, and a group of children on the right. The man is speaking to Lisa, who is looking towards him. A speech bubble from the man says, "You look like you could use a break, Lisa. Off you go -- I'll take the quads for some playtime in the park." The children are smiling and looking towards the man. The dog is also looking towards the man. The scene is set outdoors with a house and trees in the background.

You look like you could use a break, Lisa. Off you go -- I'll take the quads for some playtime in the park.

Taking on the challenges you face with bite-size goals in mind would be like asking Jesus that day how you can work toward your goal of being kind to others. Maybe He'll tell you to let your younger brother borrow

your Game Boy as a step in the loving direction. Perhaps He'll tell you to offer to help your mom with some of the household chores so she doesn't have to do them all.

Or maybe He'll lead you to be friendly with someone whom you don't normally talk to. None of these things seem like a huge achievement, but each would be a bite-size step in the right direction toward your goal.



Wanting changes is a huge step in the right direction. Don't be disheartened when these improvements don't come easily. As you keep persevering in taking those steps to work toward your goals, triumph will come, and it will be solid and lasting.—A change that you can look back on and be happy about.

