# Mastering Your Destiny with Long-Term Planning

There are many people out there who look at the word “plan” with disgust or apprehension. Chances are that the more you detest words like “goal” or “plan,” the more disappointments you have experienced in life. Perhaps things did not go your way when it truly mattered to you, or you had believed that you had a fail-proof system in place to provide yourself with the structure required to succeed at a particular goal. And yet, some unforeseeable event occurred and knocked you off-balance, only to make you shun the elaborate planning process that your failure seems to make a mockery of.

However, these types of setbacks happen to everybody. That is no excuse to stop trying. If one plan fails, then all you have to do is move on to a new plan that will take the new circumstances into consideration so that you are still moving toward your goal.

Long-term planning is something that anybody can do if they sit down and put their minds to it. All you need is a place to start. Pick a category of your life that you want to make a plan for. It is wise to make goals for all arenas that affect you. Whether your plan is relating to your personal life or professional life, choose the specific category that you want to work with.

Next, visualize where you want to be in relation to that goal in the future. Make sure that you have a planner that you can use in order to go into as much detail as you possibly can when it comes to this arena of your life throughout the course of the year.

If your goal is, for example, to lose weight, you will need to determine a healthy and realistic end-goal. The master goal, so to speak. At the end of the year, how much weight, exactly, do you want to lose? Do you want to lose 50lbs by the end of the year? If so, then great. Put it down as your end goal and leave the end goal be where it is.

Next, you are going to want to begin breaking that big end goal down into smaller, more attainable goals that you can work on right away. For example, you can utilize planning to help you to plan meals every day that will help you to accomplish your goals, and to set up a weekly workout schedule that will provide you with the activities necessary in successful weight loss. Speaking with a nutritionist or personal trainer about what is a healthy goal to expect at the end of the week will give you an idea of how much weight you should be losing that week and whether or not you are meeting your goals.

By breaking your bigger goals down into a plan that you can follow throughout the year, you will be more than capable of achieving anything that you set your mind to. Mastering your destiny with long-term planning is a surefire recipe for success!