

Moving forward with faith: Progress and Goals

Recognizing your progress: Sometimes on the trail it can seem like there's no end to the walking. There is a good chance you will feel this way on Trek. Even preparing for Trek can be a challenge because there is so much to do. Nevertheless, the better you prepare now, the better off you'll be later, and there are a couple things you can do. First, focus on your progress to avoid becoming depressed or discouraged. Ask yourself the following questions.

What have I already done to prepare for Trek?

If you haven't done anything to prepare, then ask, How am I already prepared?

One helpful way to stay positive is to recognize your progress. Like on a long journey, looking at how much journey you have left and how it compares it to how far you've come; you may see that you've completed half of your journey already.

Setting S.M.A.R.T personal goals: The second thing you can do to help prepare, is set goals. If you are still discouraged by the clothes you have to gather, your physical conditioning, or attachment to your phone, set some SMART goals to get you on track. SMART is an acronym for Specific, Measurable, Attainable, Relevant, and Time bound. Good smart goals can help you make and see progress and move forward with optimism and positivity.

What do you still need to do to prepare for Trek?

Set 3 goals that will help you make progress and commit to start working on them today. Make sure they are specific, measurable, attainable, relevant, and timebound.

- 1.
- 2.
- 3.

Focusing on your progress and setting goals now, will make Trek a more enjoyable experience. Not only will you be better prepared physically, spiritually, and intellectually for the expected challenges on the trail, but you'll also be better prepared emotionally to overcome the unexpected challenges.