In 1961, American President John F. Kennedy announced a national goal promising that before the decade is out, a man would land on the Moon and return safely to the Earth. This vision became a reality on the 20th July 1969, as Neil Armstrong stepped onto the moon’s surface with his famous words: “One small step for man, one giant leap for mankind.”

This quote always gives me goose bumps as I imagine the millions of households glued to the TV watching in anticipation this incredible event. It also leads me to think about my own vision and goals, and where I am at in achieving them. At the beginning of 2016, what were your New Year’s resolutions or goals and are you anywhere near achieving these? It took 9 and a half years for the American nation to achieve the goal of sending a man to the moon and the project planning, team work and execution to achieve this were incredible. It must have definitely taken a whole lot of ‘small steps’ in order to achieve that giant leap. Similarly with our own goals, whether that be studying or working towards a promotion, it is vital to break your goal into small steps or action items. Think about the discipline it takes for you to study and work at the same time; very often your “tool box” to accomplish this is a series of small steps. Steps that relate to the work, time and effort you need to invest in order to accomplish your goal.

The moon landing started with Kennedy’s vision: a deep desire to explore the unknown world and charter into the Earth’s atmosphere and beyond. What is your vision? Do you know who you want to be and what will make you truly happy? Vision is defined as: the ability to think about or plan the future with imagination and wisdom. Very often we are so busy living in the moment, that we forget to set aside some time to allow our imagination to flourish. Start today by putting aside 30 minutes to write your personal vision statement. This would include items like what you would like to achieve in the mid to long-term future, whether you think it is possible or not. Your personal vision statement then becomes your guide in deciding whether your actions are aligned to your goals.

The next step is to think about the small steps you would need to take in order to achieve that ‘giant leap’ towards your future. You may, for example, have decided that you want to change your career or get an increase. This idea may seem impossible to you at first, but by breaking this goal into small steps you will make it more manageable. A small step maybe waking up just 10 minutes earlier each day and spending that time thinking about your current position, your skills and strengths, and creating your vision for what you really want to accomplish in your career. Next you could think about the areas where you are lacking skills or may need to improve your skill set in order to be able to branch out. This time could also be spent finding a course that will empower you to make a ‘giant leap’. Your Academy of York student advisor will be a great help in assisting you to select a course suitable to your needs. Click here to contact us.

Finally you would need to take a step towards your new career by enrolling for a course. Your journey is still not over, as daily steps would need to be taken in order for you to complete your studies, like commitment, dedication and time management.

Antony Robbins says: “The only impossible journey is the one you never begin.”

We have 12 weeks left of 2016, and when you break that down, it is 84 days or 2016 hours. No excuses, there is still plenty of time left for you to embark on your journey to a better future.

Remember that “A journey of 1000 miles, starts with one single step” Lao Tzu.

Yours in learning,
Academy of York Team