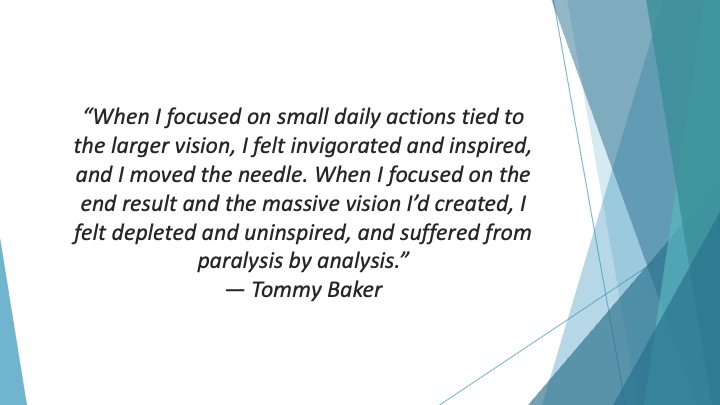
**Chapter 3: Balancing the Difference Between Short-term and Long-term Goals**

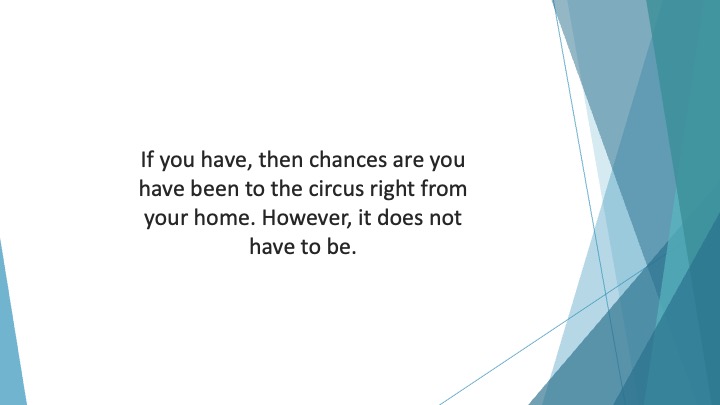
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**S1** : In this video, we’ll talk about “Balancing the Difference Between Short-term and Long-term Goals”

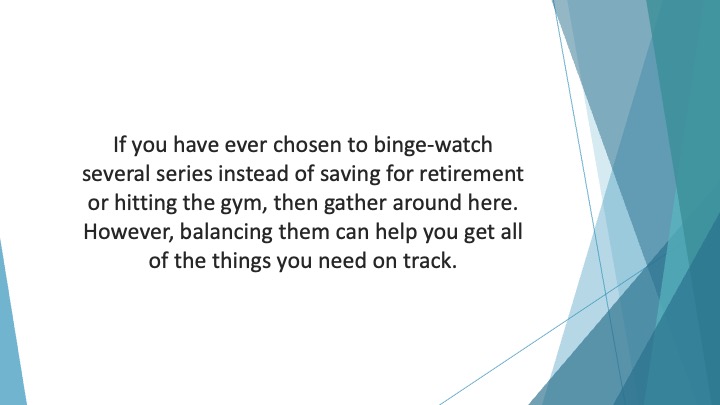


**S2 :** “When I focused on small daily actions tied to the larger vision, I felt invigorated and inspired, and I moved the needle. When I focused on the end result and the massive vision I’d created, I felt depleted and uninspired, and suffered from paralysis by analysis.”

― Tommy Baker



**S3** : Have you ever tried juggling short-term needs and long-term goals? If you have, then chances are you have been to the circus right from your home. However, it does not have to be.

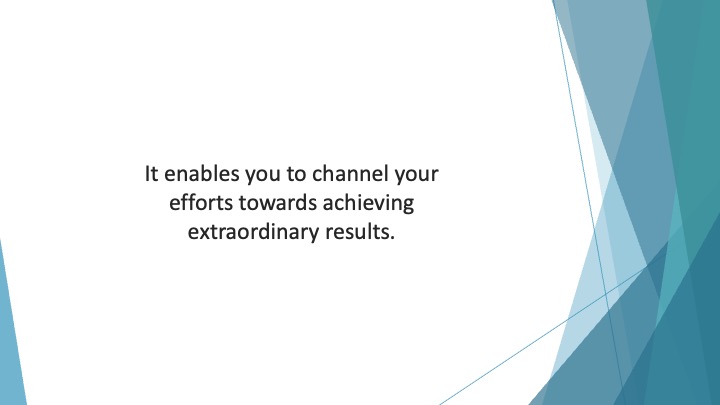


**S4** : There is a difference between short-term goals and long-term goals. If you have ever chosen to binge-watch several series instead of saving for retirement or hitting the gym, then gather around here. However, balancing them can help you get all of the things you need on track.

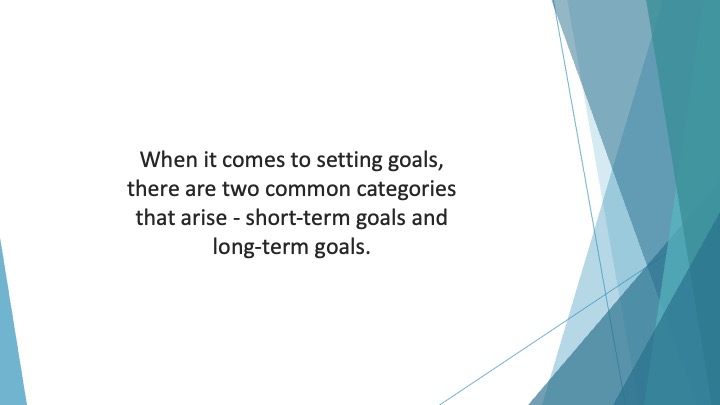


**S5 :** The Relationship Between Short-Term and Long-Term Goals

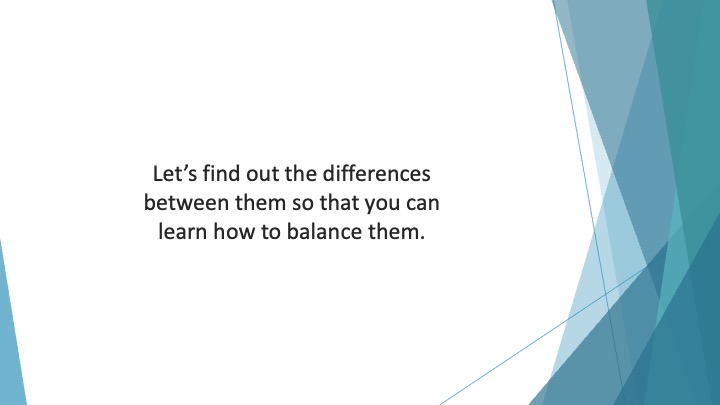
Setting goals is an essential aspect of your professional and personal development. This provides you with a roadmap for success and growth.



**S6 :** It enables you to channel your efforts towards achieving extraordinary results.



**S7 :** When it comes to setting goals, there are two common categories that arise - short-term goals and long-term goals. Now, while these goals are different in their scope and their timeframe, they each play a vital role in ensuring that success is achieved.



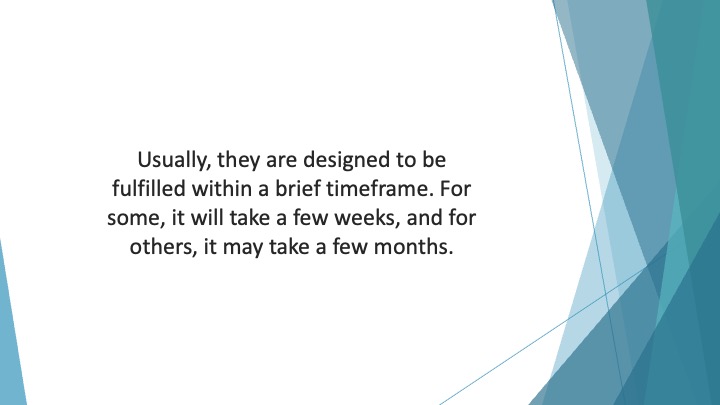
**S8 :** Let’s find out the differences between them so that you can learn how to balance them.



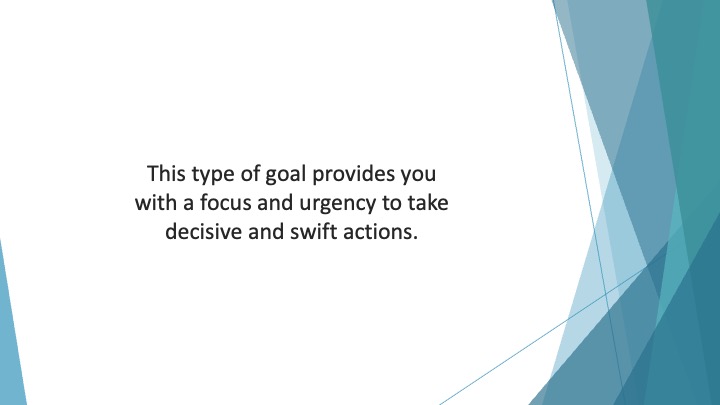
**S9 :** Differences Between Short and Long-Term Goals

What are Short-Term Goals?

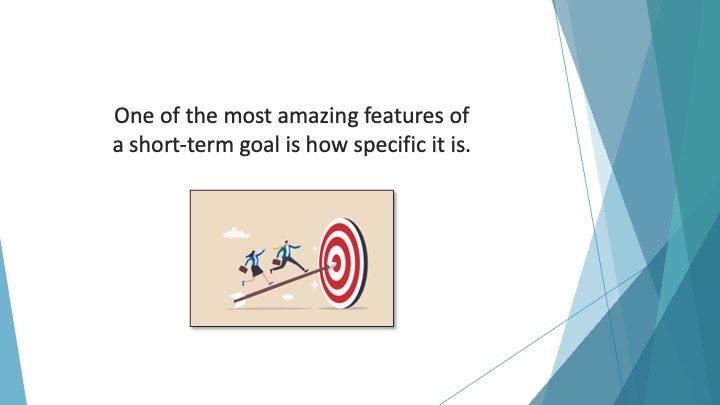
These goals act as the building blocks of your greater goals and aspirations. They are synonymous with the fire and fuel that drive the engine of your progress.



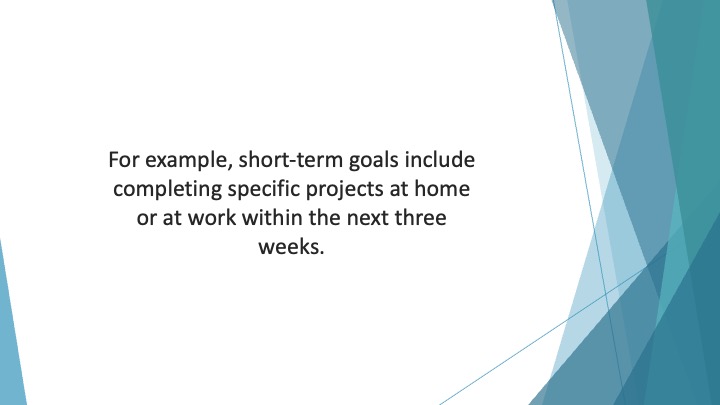
**S10 :** Usually, they are designed to be fulfilled within a brief timeframe. For some, it will take a few weeks, and for others, it may take a few months. Due to the brief timeline, it requires promptness.

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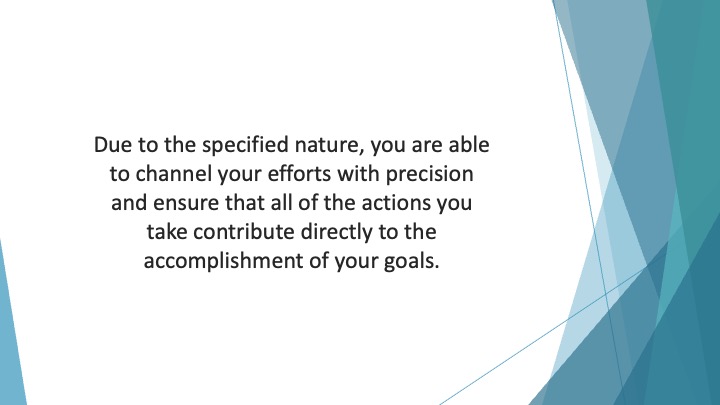
**S11 :** This type of goal provides you with a focus and urgency to take decisive and swift actions.



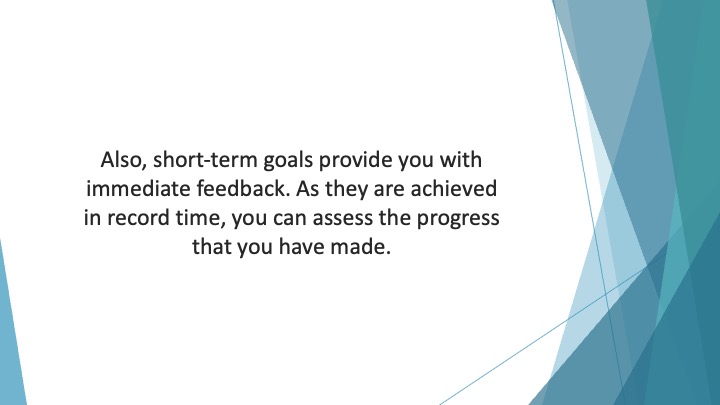
**S12 :** One of the most amazing features of a short-term goal is how specific it is. Usually, they are tightly measurable and defined to leave no room for vagueness or ambiguity.



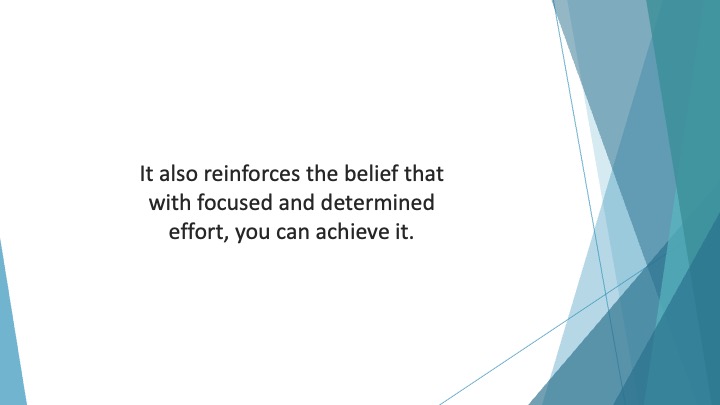
**S13 :** For example, short-term goals include completing specific projects at home or at work within the next three weeks. It may also be mastering a particular content creation or writing program within a month.



**S14 :** Due to the specified nature, you are able to channel your efforts with precision and ensure that all of the actions you take contribute directly to the accomplishment of your goals.



**S15 :** Also, short-term goals provide you with immediate feedback. As they are achieved in record time, you can assess the progress that you have made. This is quite invaluable as it boosts confidence and motivation and also creates a great sense of accomplishment.

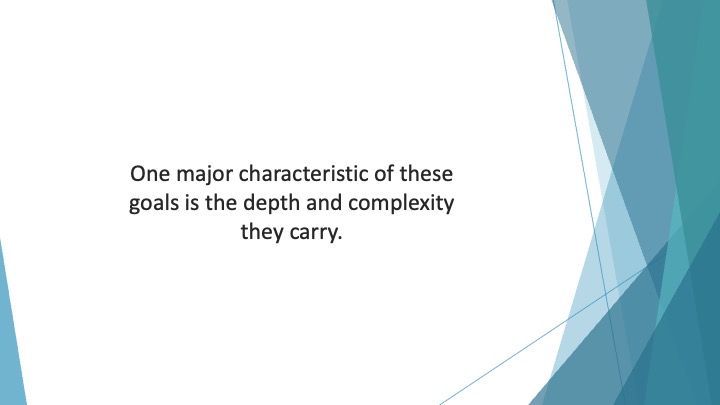


**S16 :** It also reinforces the belief that with focused and determined effort, you can achieve it.

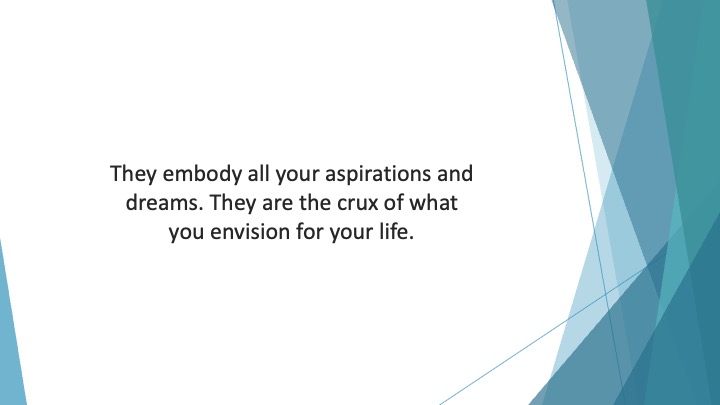


**S17 :** What are Long-Term Goals?

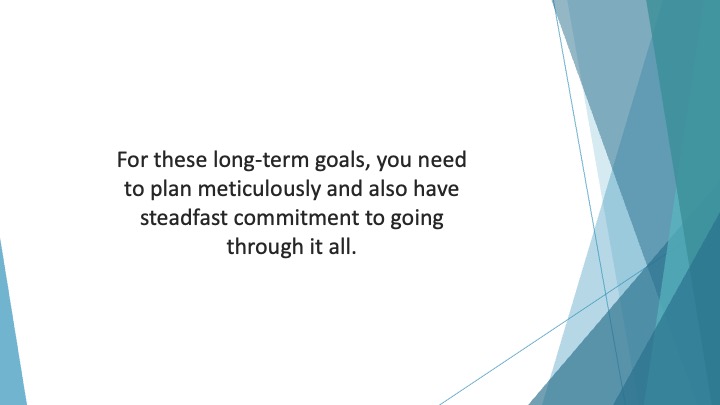
When it comes to long-term goals, you are looking at a broader and grander vision that evolves over a significantly greater period of time. Sometimes it spans years or decades.



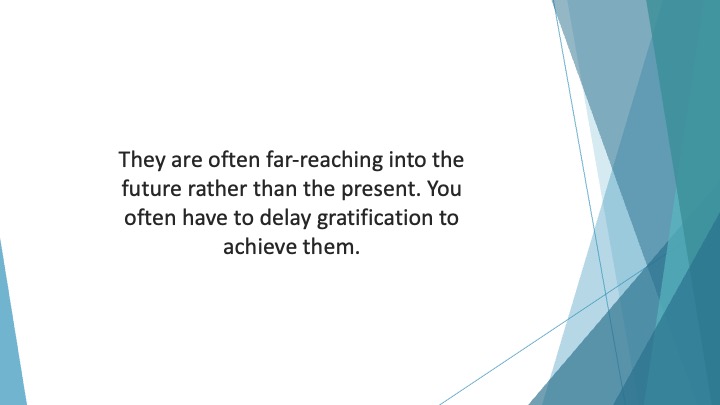
**S18 :** One major characteristic of these goals is the depth and complexity they carry. This requires you to make sustained effort, substantial dedication, and be resilient.



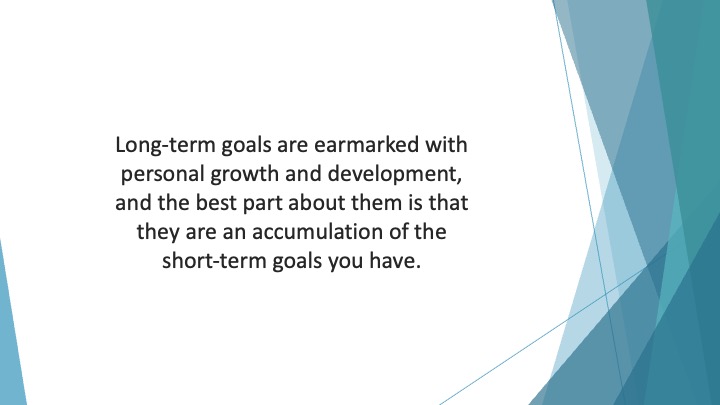
**S19 :** They embody all your aspirations and dreams. They are the crux of what you envision for your life.



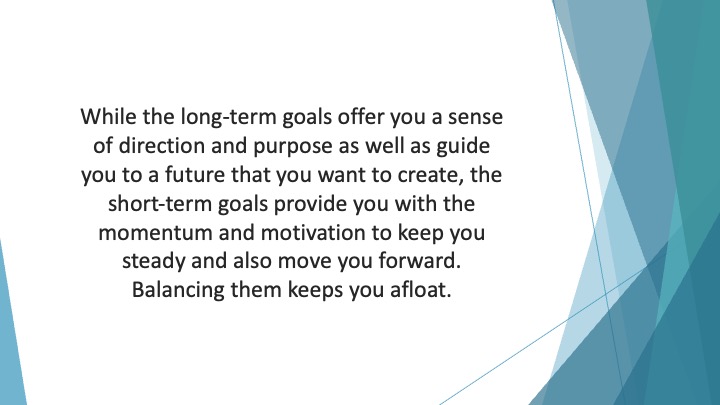
**S20 :**  For these long-term goals, you need to plan meticulously and also have steadfast commitment to going through it all. While short-term goals are in the here and now, the results of long-term goals are not visible immediately.

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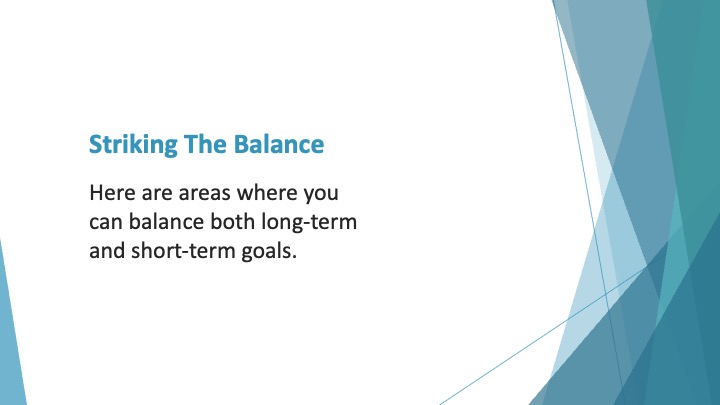
**S21 :** They are often far-reaching into the future rather than the present. You often have to delay gratification to achieve them.



**S22 :** Long-term goals are earmarked with personal growth and development, and the best part about them is that they are an accumulation of the short-term goals you have. If you aspire to become a recognized writer in any field, you would need to pursue advanced learning and skills, gain several experiences, and also foster and establish a strong professional writing network over the course of several years.

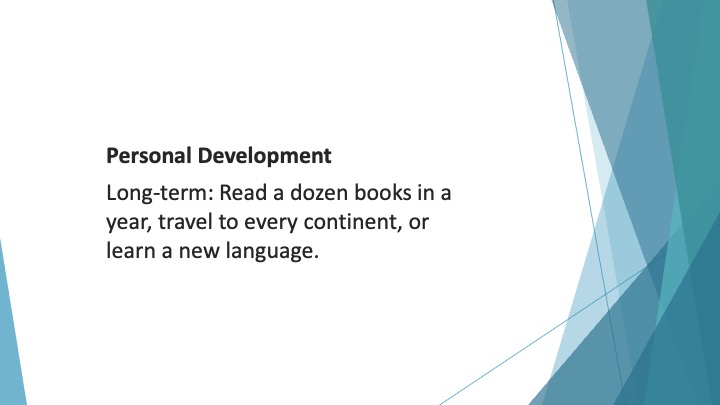


**S23 :** Both short and long-term goals are vital parts of getting extraordinary results in your life. While the long-term goals offer you a sense of direction and purpose as well as guide you to a future that you want to create, the short-term goals provide you with the momentum and motivation to keep you steady and also move you forward. Balancing them keeps you afloat.

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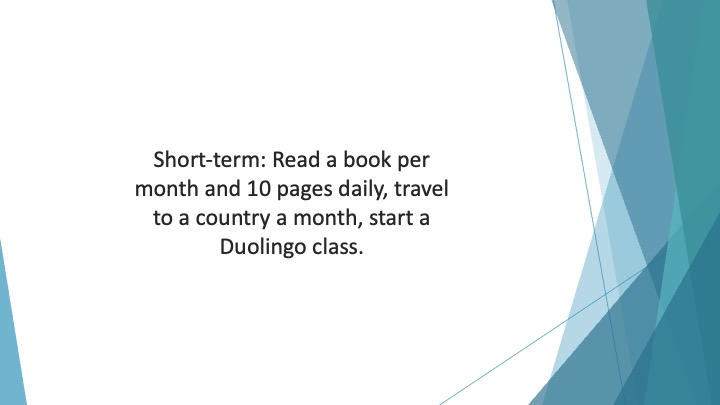
**S24 :** Striking The Balance

Here are areas where you can balance both long-term and short-term goals.

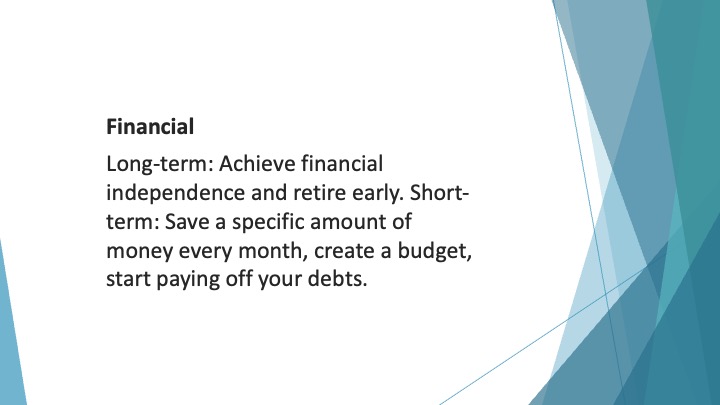
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**S25 :** Personal Development

Long-term: Read a dozen books in a year, travel to every continent, or learn a new language.

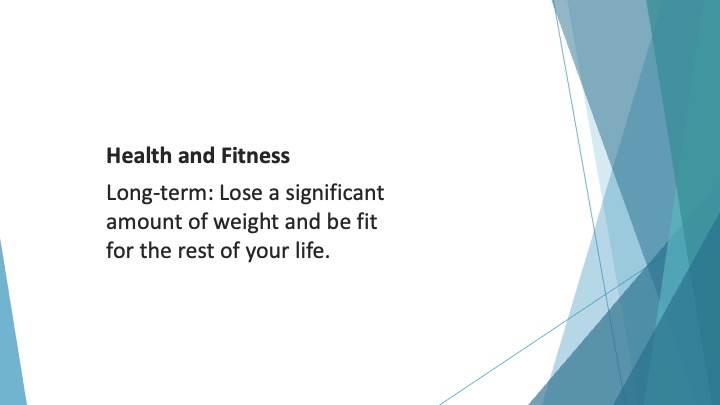
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**S26 :** Short-term: Read a book per month and 10 pages daily, travel to a country a month, start a Duolingo class.

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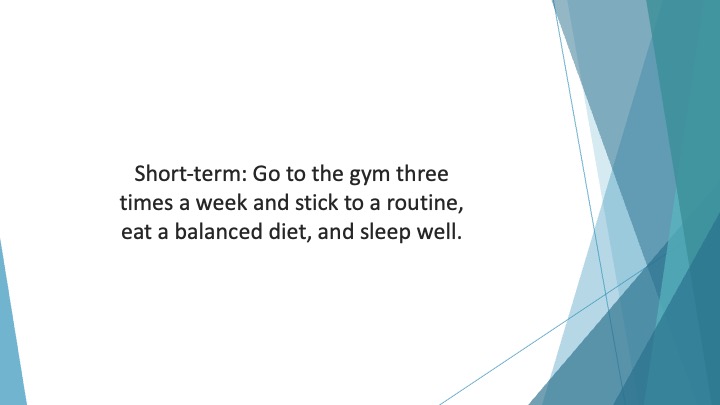
**S27 :** Financial

Long-term: Achieve financial independence and retire early. Short-term: Save a specific amount of money every month, create a budget, start paying off your debts.

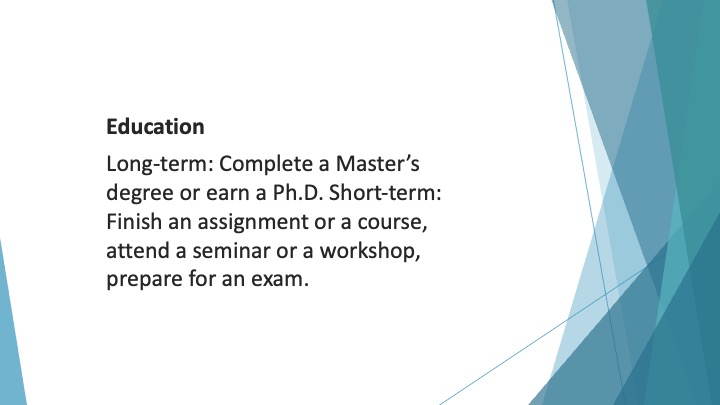
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**S28 :** Health and Fitness

Long-term: Lose a significant amount of weight and be fit for the rest of your life.

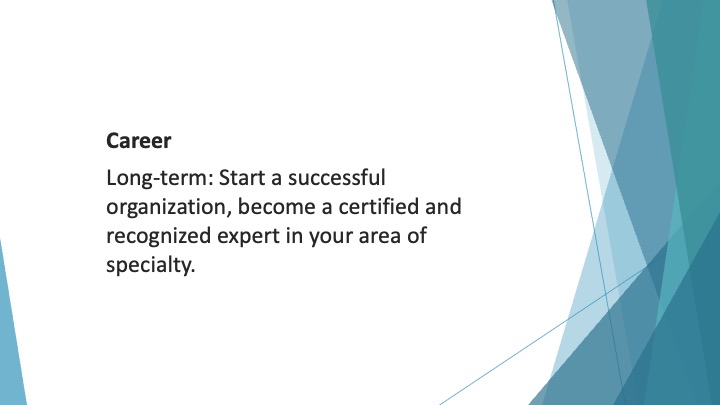
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**S29 :** Short-term: Go to the gym three times a week and stick to a routine, eat a balanced diet, and sleep well.

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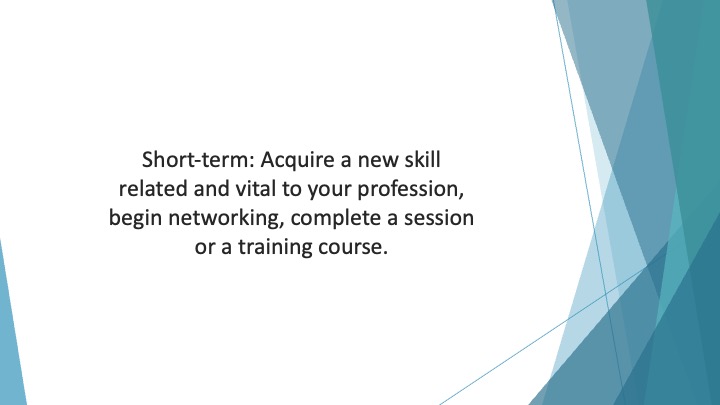
**S30 :** Education

Long-term: Complete a Master’s degree or earn a Ph.D. Short-term: Finish an assignment or a course, attend a seminar or a workshop, prepare for an exam.

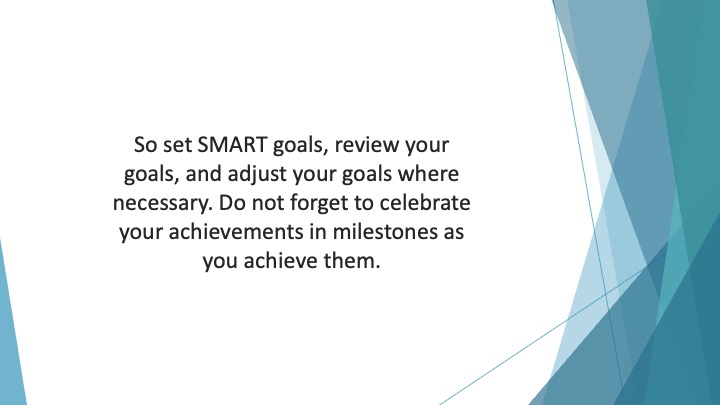
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**S31 :** Career

Long-term: Start a successful organization, become a certified and recognized expert in your area of specialty.

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**S32 :** Short-term: Acquire a new skill related and vital to your profession, begin networking, complete a session or a training course.

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**S33 :** It is crucial to balance your short-term goals with your long-term goals as integrating both will ensure that you experience continuous growth, progress, developments, and success. So set SMART goals, review your goals, and adjust your goals where necessary. Do not forget to celebrate your achievements in milestones as you achieve them.