

## **Limit Your Goals**

Researchers tell us that goals help us concentrate our efforts and attention, but only if you limit the number you're working on.

The more goals you have, the more likely you're diluting your efforts.

Less is more. One to three is probably your sweet spot - anymore could be too many. And sure, there'll be small goals along the way that adjust; but have a commitment to just a few big, primary goals.