I challenge you to make this one change to the goals you set, and see what happens:

In 2018 (or effective immediately), I challenge you to only set goals you can accomplish within seven days.

Every time you set a goal, ask yourself if you can realistically accomplish it in seven days.

If you can, reverse-engineer what you need to do over the next week to accomplish it. How many hours do you need to devote to it each day? How will you know when you've crossed the finish line?

If you can't accomplish it in seven days, the goal is too big. It's all right to have a big goal on the horizon, but you'll never get there if you can't break it down into actionable steps. So ask yourself, "If my massive goal is all the way over there, what do I need to get done this week to move myself in that direction?"

Seven days.

I have always found the seven-day rule to be the most effective when it comes to goal setting, primarily because a week is always more than enough time to get something substantial done. The problem is, we rarely stay focused on our goals for a week straight. We daydream about the big shiny reward at the end, and then when it comes time to work we say, "Eh, I don't really have time today--and besides, I have all the time in the world. I'll do it tomorrow."

But you don't have all the time in the world.

You have seven days.

Get it done now. And at the end of next week, reflect again--and ask yourself, "Now that I've got that piece done, what's next?"

And then repeat.