

Millstones & Milestones

There are people have **MASTERED** the **ART** of **turning Millstones into Milestones**. Like great distance runners they start smart and finish strong.

From 1999-2002 I had the privilege of witnessing this process on a day to day basis. In May of 2002 my wife, Diane, was awarded her Master of Arts in Marriage and Family Therapy from Fairfield University. Most notable among this wonderful accomplishment was that she did it on schedule, in spite of some very serious obstacles, the least of which was an absence of over 30 years from academia. Each course represented a new challenge, each test an assault on her accumulated knowledge. She not only succeeded, she exceeded even her greatest expectation. I believe she was able to do this not because she "worked very hard." (That was a given going in.) I believe she was able to achieve her dream because she had much more than good intentions, she had great intentions. She discovered how to chip away at her millstone until she turned it into a monumental milestone.

A Millstone ÷ Great Intentions = Milestone

I wish there was an easier formula for achieving your dreams, but the one above is about as basic as it gets. Remember, the key to a joyful life is to develop situations in which you can have a challenge with an immediate feedback. Long range goals will require you to recalibrate them into smaller more achievable or measurable goals which will provide you with both the reward and inspiration you will need to continually fuel your desire. This is essential if you wish to create a "Capacity for Tenacity." Once you do, you will experience exhilaration akin to that which Diane felt upon achieving her goal. An exhilaration that was shared by all who love her, have come to call her colleague, had the joy of instilling their passion for caring within her, and those who will be fortunate to seek her council. May the same great fortune be yours as you convert your personal millstones into monumental milestones.

And that's The Don E. Smith Experience