

## Take Drastic Steps to Achieve Your Goals

Written by Forward Times Staff  
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Every year around this time, many of us restate our resolutions or goals for the upcoming year. Many of those resolutions are the same ones we stated last year. You know the ones, lose weight, improve my health, eat right, save more money, spend less, start my business, go to school, etc., etc. Some of the reasons we don't achieve these goals is because we don't take **DRASTIC** steps and move outside our comfort zone to obtain the goals. I know there are many experts that will tell you to take small, consistent steps to your goal and you will eventually get there. But as the Turnaround Queen, I'm here to tell you that sometimes, most times, you need to jump in with both feet.

There have been times when I was faced with the choice to choose the safe, easy route and I chose to take a risk and it paid off immensely. My husband and I took a drastic step and paid a local weight loss center to achieve our weight goals and we lost over 150 pounds together. Our story was featured in Ebony magazine and we were on top of the world. However, we moved away and began to fall back into our old habits, the next thing I know, I was weighing over 250 pounds. I was humiliated and mortified! At this time, I had a choice to resign myself that I was just going to be overweight and unhealthy or to do something about it. I took "baby steps" and tried several diets and weight loss programs but I just could not get the weight off the way I had in the past. So in 2004, I took a **DRASTIC** step and had gastric bypass surgery and have kept the weight off for over seven years.

My question to you is what are you willing to do that's **DRASTIC** to achieve your goals? You may not do anything as radical as having a surgery, but maybe you should. Only you can answer that question for yourself. However, are you willing to take a **DRASTIC** step and pay for help to reach your goals? Perhaps you need a life coach, someone who can motivate you and hold you accountable. Paying someone for support may be your **DRASTIC** step.

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What happens when you don't take a DRASTIC step? My husband mentioned above also regained his weight. He had high blood pressure and diabetes and always talked about doing something to improve his health but he was unwilling to take a DRASTIC step. Unfortunately, as a result he passed away at a young age of 48 from complications of these diseases. So when you are talking to yourself about whether you are going to step outside of your comfort zone to achieve your goals, ask yourself, "If I don't take a DRASTIC step today, what will happen to my future?" I hope the answer is living the life you imagined to the fullest extent possible. But just remember, without a DRASTIC step, the opposite is also possible.

*Toni Harris, also known as the Turnaround Queen, is a motivational speaker, Internet radio show host, coach and author. She is passionate about helping others to step outside their comfort zone to take drastic steps to achieve their personal, professional and financial goals. Contact Toni at [toni@toniharrisspeaks.com](mailto:toni@toniharrisspeaks.com).*