

Setting and Attaining Your Goal

Learn how setting a goal can lead to you obtaining it.

By Iguana

"When a man does not know what harbor he is making for, no wind is the right wind." These words, attributed to a first century Roman philosopher, point to a truism that for one to make progress in whatever area of life, goals are essential.

Sure, almost every man who uses penis enlargement exercises has them, just look at their signature: Goal: 9"X7" or Goal 8"X6", etc. But, what can help us reach our goals? Why even set a goal? Why do so many give up and throw in the towel before reaching their goal? Examining these questions can help us to stay focused and motivated for the long run.

Identify Your Motives

You may already have it clear in mind but stop and ask yourself, "Why am I here?" "Why do I want a larger penis?"

Is it because of ridicule or embarrassment at some point in life? Is it the desire to better please your mate? Is it for bragging rights at the gym? Whatever your motivation you need to keep it clear in mind. Why? Because this is where you will go when discouraged.

Strong Desire a Must For our goals to become a reality, we must have a strong desire to achieve them. What will help us to develop such an intense desire? Meditate on reaching your objective.

Visualize yourself at 9"X6" or wherever you want to be. How will you look? How will it feel? Imagine the deep sense of satisfaction, the pride of accomplishment. Think back to your motives. Was it a comment by an insensitive person that undermined your confidence? Imagine what that person might say now. How would the situation unfold with you at your new size? Meditation on achieving your goal is mandatory if you are to stay focused and committed.

Association with others who have reached a certain goal can also create in us a desire to attain it. Speak with those who have reached their goal. Ask questions; how did they do it? What kept them motivated? What obstacles did they have to overcome? When you get discouraged, go back and read encouraging posts from the big gainers on penis enlargement forums.

Above all, don't hesitate to ask for advice or help. After all that's what the forums are here for.

Committing Your Goals to Writing Can Help An abstract idea takes on clarity and form when we choose words to express it. Don't look at your goal at just a number. After all, it takes much more than writing a number on a piece of paper to commit to transforming your penis to a new size. When things are written down, they make a deep impression on the mind and heart. Keep a log of your workouts or a journal. Record positive and/or negative PIs. It is helpful to commit our goals and the strategy for reaching them to paper. It can also be helpful to identify the areas we need to become knowledgeable in, the equipment we may need, and the individuals who can help and support us.

{mospagebreak title=Short Term Goals and Persistence}

Set Short-Term Goals as Markers Some goals may initially appear formidable. I have heard it said, "when it comes to penis size an inch might as well be a mile." That's why it is important to breakdown a large goal into smaller benchmarks. If you are 5" EL now and it is your desire to be 8", three inches seems like a long way off. If you gain 1/8" the first month you may conclude at this rate you will never reach your goal. Instead of looking way down the road and feeling your goal may be impossible, set small goals. For the time-being, forget your long term goal. Which seems more attainable 3" or 1/2"? Well, of course 1/2". Make 1/2" your 6 month goal. Focus on gaining the first 1/8" and that 1/8" only. Once you gain 1/8" celebrate, reward yourself. Then refocus and recommit. Your next goal is 1/8" more. If you reach 1/2" in less than 6 months then fantastic! The key is to set small obtainable goals that are realistic.

Nothing Measured, Nothing Gained

Regularly measuring our progress is essential. A word of caution here: many guys want to swing to extremes in this aspect. They either measure everyday or twice a year. Both of these extremes are counter-productive. Why? Well

common sense tells us morphing a body part into something that nature didn't give us takes time. It doesn't happen overnight. Measuring too frequent will only lead to discouragement. The opposite end of the spectrum self-defeating also; not measuring often enough. I have heard stories of guys waiting for 6 months to measure only to find out they had gained absolutely nothing! Imagine someone on a diet and not weighing in for 6 months! What if the diet is not effective? What if they are consuming too many calories? The same is true of penis enlargement, don't waste months on an ineffective routine by not monitoring progress. Measuring will not stop your penis from growing, nor will it make it grow faster. But, other than sight and feel, it is the only way to gauge your progress. As a rule of thumb, every two weeks or even once a month is a happy medium.

Determination and Persistence Needed Despite our having well-laid plans and a strong desire to carry them out, some goals remain unattainable. If you are 4" EL and you set a goal of 11" EL, you are going to walk away a disappointed man someday. Not that I'm saying that 11" from 4" is an impossible goal but only that it is HIGHLY unlikely and ultimately a setup for failure. Set realistic goals. You can always set new ones once you obtain them.

In our pursuit of our PE goals, we may experience set backs. For example, poor health or family obligations may place some goals beyond our reach. Rather than giving up, we must review, reevaluate, and readjust. When obstacles arise, we need to stretch (no pun intended) forward with determination and persistence. Above all, never, never, never, never, never ever give up!!

Is it all worth it in the end? When you reach your goal, let me know!