

Know Where You are Going: Einstein on the Train

If you know where you are going, life becomes a fantastic journey full of adventure. If you are achieving mastery in your life, you have already created a clear vision of the future you want. Before *anything* becomes a reality in your life, it must originate as a clear vision in your mind.

Everybody has some kind of vision of their future. Everyone takes a view of their life from the past, the present, and the future. At any point and at any age, you can see life your life from these three perspectives.

A person whose predominant vision of their life is focused on the past will always be looking back over the life that has already gone by. They will always be reminiscing about “the good old days” without realizing that *today* will be the good old days soon enough. Positive change is uncomfortable for this kind of person because it requires them to change what has always been and to create something new.

A person whose predominant vision of life deals solely with a present vision is someone who focuses on the moment at hand. They live in the present not the past. There is only the *now* -- and now is when things get accomplished. It is true that focusing on the now is a great way to get things accomplished but if that is all you ever do, you are not anchored to a path toward your future.

A person who focuses on the future is on their way to becoming whatever they are envisioning. They are always seeking to find the best route to that future. They are concerned with where they are going and are less concerned about where they have been.

You should have three types of goals. First, you should set goals for a lifetime. These are the major things that you want to accomplish. Things like climbing mountains, running marathons, or seeing the Great Wall of China. Anything that you dream about doing should be on your lifetime-goals list.

Next, your lifetime goals should be broken down into yearly goals. Yearly goals are those steps that will eventually lead you to your lifetime goals. The question to ask is, "Of the goals on my lifetime list, which ones do I want to accomplish this year?"

Then break down each yearly goal into twelve-week segments. There's something magical about a twelve-week goal. It's long enough to influence substantial changes in your life, yet short enough to be obtainable. Each twelve-week goal should be broken down into weekly goals and daily tasks that will lead to the accomplishment of your twelve-week goals.

You should look into the six areas of mastery to see what your life's vision is for each area: physical health, educational and spiritual growth, relationships with yourself and others, fun, business and finance and then set goals in each area. Just remember that *you are in a state of becoming your vision of the future* -- whatever that vision may be!

Once you set your goals, you should evaluate them to see whether they are realistic and detailed. Does each goal have an attainable deadline for accomplishment? Are your goals truly important to you? What are you willing to give up in order to accomplish your goals? Do all of your goals align with your future vision for your life?

Albert Einstein was once traveling from Princeton on a train when the conductor came down the aisle, punching each passenger's ticket. When he came to Einstein, the great physicist reached into his vest pocket but could not find his ticket. Then he reached into his other pocket but still could not find the ticket, so he looked into his briefcase. Nothing there. He looked at the seat beside him. Nothing.

The conductor said, "Dr. Einstein, I know who you are. We all know who you are. I'm sure you bought a ticket. Don't worry about it." Einstein nodded appreciatively, and the conductor continued down the aisle, punching tickets. When the conductor was ready to move to the next car, he happened to look back and saw Einstein down on his hands and knees, looking under his seat for the ticket.

Rushing back up the aisle, the conductor cried, "Dr. Einstein! Dr. Einstein, don't worry about your ticket! I know who you are. There's not a problem. You don't *need* a ticket. I'm sure you bought one!"

Einstein looked up and said, "Young man, I too know who I am. What I *don't* know is where I'm going!"

Where are you going in life? Now is the time for you to get a clear vision of what you want your future to be. Then by converting your visions into reality you can form specific goals.

If you are master of your own life you will learn from the past, be focused on the present, and follow your vision to your future. Clearly define where you want to go in life and you'll never be lost. If you do not have a clear vision of your future, you are just like Einstein on the train, looking under the seat for your ticket to tell you where you are going!