Reaching Goals

December 2, 2014 By Nicole Lemelle

"If I thought about it, I could be bitter, but I don't feel like being bitter. Being bitter makes you immobile, and there's too much that I still want to do." ~ Richard Pryor

Life is a habitual attempt to achieve goals. Reaching, with arms out in front of us, trying to grasp our greatest moments we believe have yet to come. It's a grand pursuit we all have in common. But in that constant chase, the difference between most people and myself is the fear my main successes in life are behind me. I worry my best days are now only realized through reminiscing.

Once MS took over my body, I re-entered the world as a different person. I have a pain no one sees, my confidence is tested everyday and I have to accept I can't do all the things I use to do. The hardest part is learning to live with my new normals. I need to not fight it so much; instead I have to learn to accomplish things within my limitations.

I still have goals I want to reach. Just on a smaller scale. Like in the past, I had ambitions to jog at the park three times a week. These days I can no longer run. So instead of running, my new goal is to ride my scooter around the track twice a month.

I must remember I don't possess my future. No one does. Reminiscing can be fun but when you play the past over and over in your head, it becomes impossible to concentrate on happily living in the now. My new objective is to focus on what's happening at this instant. Living in the moment. And no matter what, I have to keep trying to achieve goals.

© 2026 Smart + Strong All Rights Reserved.