

DREAM ON
 Fantasies don't all
 come true, so learn
 to downscale.



34 Goals You Can Shrug Off

To live a full life, it helps to have both big dreams and everyday hopes. But it's also crucial to know when to relax and cheerfully admit: Not gonna happen.

BY STEVE CALECHMAN

GUY LIST

I WILL NEVER...

- Have a threesome
- Run for office
- Own rental property
- Read Shakespeare or *War and Peace*
- Have a pristine inbox

Know a lot about wine
 ...or jazz, or opera,
 or classical music

Find a butter tastier
 than peanut butter

Write a novel

Care about swimming
 in non-Olympic years

Meet a woman when
 she's in her once-in-a-
 lifetime "slutty period"

**Speak a second
 language fluently**

Dominate at billiards

Spend more than five
 minutes of research on
 my NCAA bracket

Change my own oil

Enjoy *Arcade Fire*

Chop down a tree

**Shrug off a loss in
 slow-pitch softball**

Jump out of a plane

Hit a red light when
 something needs to be
 found in the car

Rotate my mattress

Know—let alone pick
 up—a supermodel

Run with joy and the
 sensation of floating

Race Formula 1

Learn karate

Know more than three
 chords on the guitar

Understand the rules
 of craps

Spell "rhythm" without
 the help of spell check

Enjoy quinoa

Vacuum my car more
 than once a year

FAKE IT WITH THIS FACT

Think geographically: A cool climate produces wines that are more acidic. Acidity is helpful with food; it cuts through richness, causes your mouth to water, and makes you want another bite. Ordered a rich dish? Think Oregon or Germany, not Napa or Tuscany. Your expert: Juliette Pope, beverage director at Gramercy Tavern in New York City

KNOW THE KEYWORDS

Before you go, learn "hello," "thank you," and "beautiful." A compliment—whether it's for a shop, a meal, or a family—lowers defenses. "Beer" will lead you to friendly locals, and locals will teach you two key phrases: one that stops souvenir hawkers, and a mild profanity that, when delivered with a smile, can further ingratiate. And if you learn the word for "beer," learn the word for "bathroom." Your expert: Boyd Matson, host of *National Geographic's Wild Chronicles*

SCORE YOURSELF INSTEAD

Approach any kind of game with a few "process goals" that you can control—like boxing out in hoops. After a game, strip off your uniform to create distance. Then tap out notes on what you did (or didn't) do well. Giving form to your analysis helps you improve—and quells the urge to constantly retell what happened. Because nobody cares. Your expert: Charlie Brown, Ph.D., performance and sport psychologist, Charlotte, North Carolina

TRY SOMETHING SLOWER

Serious go-karting, complete with racing suit and helmet, is fun, safe, and attainable. And the speeds you reach feel plenty fast when you're that close to the ground. Take corners from the outside to the inside, and then move back out. The wider the radius is, the faster you can take a turn. If you have to slow down for a turn, do so on the straightaway. Working the pedals and wheel at the same time is not efficient. Your expert: Casey Carden, chief instructor, Skip Barber Racing School

SERVE IT COLD

Treat quinoa like couscous—rinse it, cook it, chill it, and drizzle on some olive oil and lemon juice. Then mix in some vegetables along with olives or feta for saltiness. Chilling restores the firmness that cooked quinoa can lack. Or add uncooked quinoa to soup or stew for the last 15 minutes. It acts as a thickener and imparts nuttiness. And it gives you a nice protein hit. Your expert: Brad Farmerie, executive chef at Public restaurant, New York City