



Resolutions

Having trouble making some new year's resolutions? Or have you already abandoned those you did make? Why not try a different approach. Studies show that achievers reach their goals more often because they set "want" goals instead of "should" goals. That is, they work toward accomplishing things that are desirable for them, not just the things they have to do.

So, do you have a dream? Som ething that you've always wanted to do? Take a vacation to a special place; go back to school and get an advanced degree; learn another language; play the piano, skydive??? Your dreams may be completely different from mine, but that's what makes life interesting.

The next thing achievers know how to do is pick a goal apart and determine very specific steps to accomplish that goal. Some of us never start doing something because it seems overwhelming. So, what is one, very specific thing you can do that will move you in the direction of your dream? Send for a brochure, make a phone call for information, register for one class. OK, now....when are you going to do this? Don't just leave it open ended. Give yourself a deadline. "I will send for this brochure tomorrow." "I will register for that class by next week."

Now....DO IT! Just take that first step and then you can think of the next thing, and the next and the next. If this process sounds familiar to some of you who have studied goal setting in business....it is. Because this method works whether you are working toward something in your private life or at work.

But remember, what we're talking about here is moving you toward one of your dreams. Once you've used the process and find that it works, and it's fun and satisfying, you'll be better equipped to move toward the things you want in life. You may be closer than you think....just Reach Higher ☺