

## Set Yourself Up for Success in 2011!

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### *5 Goal Setting Tips for Perfect Triumph*



For many of us, a new year brings a new lease on life and career. We have new resolutions, new goals, and new directions.

We want **GREAT** things and we **EXPECT** to achieve them.

Yet, despite all the enthusiasm we set forth with, keeping ourselves motivated and committed to achieving our goals is pretty tough. This time around, in 2011, don't let new goals and resolutions fade. **Be proactive about setting yourself up for success.**

Here are five tips to help you set your course.

#### **1. The goal is yours. Believe in it.**

Whether the goal is to make partner, get new business, or publish an article - the goal must be *your* goal.

Your goals should generate excitement when you think about the end result. And, more importantly, if you perceive the end reward is worth the work, you will take on the challenges needed to achieve your goals.

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## 2. Paint a picture of the outcome.

Goals are traditionally established around measurable outcomes. Sometimes, though, the most important goals, critical goals, are hard to measure.

Start with a picture in your mind, that you commit to paper, that describes the outcome you are seeking. Make the picture as vivid as you can. For instance, you may have a published book in mind, while you're still thinking about topics and a rough outline.

## 3. Stay positive.

Don't judge yourself if you stray from your path. This will only undermine your self-esteem and self-confidence.

Keep your self commentary positive. Believe in yourself and in your ability to accomplish your goals and resolutions - even if you temporarily veer off track.

## 4. Write your goals down.

Writing out your goals is your commitment to achieving them. It's your way of making a powerful statement in comparison with half-formulated thoughts in the back of your mind. It is the conscious promise to yourself to pay attention to the accomplishment of the goal.

## 5. Eliminate obstacles.

Obstacles will get in the way of achieving your goals. If you're unhappy with your progress, assess the problem and tackle it head-on. Only by honestly analyzing your lack of progress can you determine steps to take to change this picture.

In the end, when your goals are achieved - don't resist the urge to **reward yourself**. Achieving your goals is cause for celebration! Even if you've only reached your half-way mark, take the time to celebrate what you've done.

What will the new year bring for you and your career? **Power your success by setting - and reaching - your goals.** You can do it.

**2011 will be a year of triumph!**

*Adapted from article [The Awesome Power of Goal Setting: Ten Tips for Triumph](#) by Susan M. Heathfield.*

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