



## **TOPIC: GOAL SETTING AND STAYING ON TRACK**

### **TITLE: HELP YOURSELF – FEATURING RICH FETTKE**

On occasion I enjoy passing along an article, newsletter or idea from a colleague. Today, I'm passing along a great newsletter I received from my own coach. In the spirit of his topic, Help Yourself, Rich was one of the first people I enlisted to help me achieve some lofty goals I had set. He has not only helped me achieve them, but also continually inspires me to raise the bar. I believe that we achieve our goals faster and easier when we ask and enlist others to help and support us, even though it's often hard for us to do. I hope this inspires you to look at where you can make your journey easier.

#### HELP YOURSELF

Brought to you by Rich Fettke, MCC, Speaker, Author, Coach

"Two heads are better than one."  
Unknown

If you want to leap from surviving the thriving then please consider getting some help!

For example, when I wanted to bring my ideas to the world through my first book, I didn't sit in my office trying to do it all on my own. I knew there were very talented and experienced people out there who could make the process a whole lot easier and more enjoyable.

First, I met with a person who specializes in helping consultants, coaches and speakers discover and simplify their particular messages and techniques. Then I hired a professional writer and editor to get my unique message and strategies into a top-notch book proposal. Next I found an agent to place my polished proposal into the hands of the best publishers. Then, when several publishers asked me to fly to New York for interviews, I hired a media coach who prepared me by clarifying what I wanted to say and how I wanted to say it. And, finally I found a great publisher who provided me with an incredible editor along with a dynamite publicity and sales team.

You see, I didn't leave anything to chance. I also didn't try to struggle on my own to achieve the outcome I wanted. I gained the support, talent, experience, and the energy of a whole team of people who partnered with me to achieve my goal.

If you want to succeed with greater ease, then please consider who might be able to help you as you continue on the climb towards your dreams and goals.

*continued on next page*



**TOPIC: GOAL SETTING AND STAYING ON TRACK**

**TITLE: HELP YOURSELF – FEATURING RICH FETTKE**

ACTION IDEA

What is one goal you have been putting off because you believe that you lack the experience, contacts, abilities or time to make it happen?

How might you be able to hire someone to help you achieve that goal?

What is the next step you'll take to get help in achieving that goal?

Rich's new book is now available! **EXTREME SUCCESS: The 7-Part Program that Shows You How to Succeed without Struggle.** Available at [www.ExtremeSuccess.com](http://www.ExtremeSuccess.com) and wherever books are sold (from Simon & Schuster).