



TOPIC: GOAL SETTING AND STAYING ON TRACK

TITLE: CREATE A PLAN FOR 2001

December 21, 2000

"The life which is unexamined is not worth living." - Plato

As we close our year and embark upon a new year full of opportunity, I think it's important to stop and take stock of what's happened in 2000 in order to determine where we want to go in 2001. This isn't just about looking at what we accomplished, what worked or what didn't. It goes deeper, into looking at what you learned, what challenges you faced and creating your vision for 2001 and your future.

Very often we operate on "autopilot" - one day leads to the next, and so on. Then all of a sudden the holidays appear and a new year is looming - one where we want to do the things we didn't have a chance to, make the changes we've wanted to in our lives, or make this the year we achieve our dreams. The truth is that this can happen for each of us if we take the time to create a vision, a plan and a support system to help us achieve them. And that is my hope for each and every one of you. So, I'd like to help you begin and have listed several questions below that will help walk you through this process.

What was the theme of the year 2000?

What were your goals or intentions for this year?

What were your top three lessons learned in the year 2000?

1.

2.

3.

What were your biggest wins in 2000?

What were your biggest challenges?

What was the biggest factor that contributed to your successes? Your failures?

What one personal quality did you most develop this year?

What would you like to let go of as you enter 2001?

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What do you want the theme to be for 2001?

What are your top three intentions or goals for the upcoming year?

1.

2.

3.

What personal qualities do you want to build or develop in 2001?

What is your vision for the various areas of your life in 2001?

Family

Health and Wellness

Professional

Financial

Spiritual

My challenge for you over the next several days is to take an honest look at your life, and create a vision for 2001 that encompasses all areas of your life. Make the commitment to live into your vision and goals next year, and turn them into reality.

My best wishes to everyone for a happy, healthy and safe holiday season, and prosperous new year!