
***You Can Get Anything You Want In Life If You Help Enough Other People
Get What They Want! – Zig Ziglar***

1. Why bother to set goals?
 - A. New Year's resolutions and why they fail
 - B. Pain and pleasure
 - C. Worst pain is the realization at the end of life that you haven't lived up to your potential.
2. Brainstorm your 'wish list' or 'dream list.'
 - A. What would I have in my life if I could design it any way I wanted?
 - B. What would I do if I knew I could not fail?
 - C. Who? What? When? Where? Places? Things? Contributions?
 - D. Maintain and add to wish list over period of days (or longer); discuss w/spouse.
3. Categorize/Balance
 - A. Marriage
 - B. Family
 - C. Career/Business
 - D. Financial
 - E. Spiritual
 - F. Contribution
 - G. Physical
 - H. Toys
 - I. Other
4. Write a short sentence or paragraph about why each item on dream list is IMPORTANT.
 - A. What about _____ is important to me?
 - B. Distinguish between important and urgent.
 - C. Distinguish between your current year goals and your longer-range goals.
5. Select your *most important* goal per category.
 - A. Try to limit to 3-5 categories.
6. Are they SMART (specific, measurable, action oriented, realistic, timely)?
7. "Shower Talk."
 - A. Try to jot goals down daily.
 - B. Visualize, rehearse, and emotionally enjoy the experience of achieving your outcomes daily.

Note: Why does resolution setting usually fail?

- A. Chinese proverb: a journey of a thousand miles begins w/one step.
- B. Earl Nightingale: the key to living a successful life is to live one successful day at a time.