

Reinventing New Year's Resolutions

LIVE WITH PASSION & PURPOSE IN 2010



JANUARY 14, 2010

DIAL 218-862-1300 CODE: 446132

8:00 - 9:00 P.M. EST

TAKE THE POLL

A.	EVERY YEAR, I MAKE A LONG LIST OF GOALS THAT I NEVER VISIT AFTER FEBRUARY.
B.	EVERY YEAR, I MAKE A LONG LIST OF GOALS THAT GUIDE ME TILL THE END.
C.	I DON'T MAKE RESOLUTION OR SET GOALS BECAUSE IT SEEMS LIKE A WASTE OF TIME.
D.	OTHER...

WORD TO DESCRIBE 2009

BRING CLOSURE TO 2009

RESOLUTION: The state or quality of being resolute; firm determination. Resolving to do something..."

Did you know? 40-45% of Americans make resolutions each year.

Here is how it shakes out: The first week: 25% quit, after 2 weeks: 30% falls off.

After one month: 42% drop off and then after 6 months: 64% are over it.

Will you be a part of the remaining 36% who make it to the end?

NEXT STEPS

1. Intention for 2010 _____

2. What are your Must Dos for 2010?

3. How to ensure your 'Must Dos' and intention will make it to the end of 2010?

INTERNAL _____

EXTERNAL _____

NEXT STEPS TIPS FOR GUILT FREE GOAL SETTING:

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

This Year's Intention:

My Top 2-3 Priorities:

My Next Step:

My ACP:
