

*... Suddenly, it all becomes so simple!*

## A NEW RESOLUTION

**« Whatever the mind of man can conceive and believe, it can achieve. » - Napoleon Hill**

Have you ever made a new year's resolution that didn't succeed? What happens, for most people, is that the initial desire fades away by lack of motivation and the primary objective is postponed to the following year. Postponing a goal or a dream is okay, except that if the actions remain the same from one year to another, you get the same result: NOTHING.

An objective is more than a new year's resolution. It's a personal declaration of what we intend to accomplish.

### THE STARTING POINT OF ALL ACHIEVEMENTS

The first step towards the realization of our goals and dreams is **DESIRE**. We must first of all know what it is that we want! That's not always easy. Establishing personal and career goals requires serious thought in order to identify the elements in your life that you would like to change, improve, modify, increase and add. What a great opportunity to start the year with this in-depth consideration!

### WHAT ARE THE ADVANTAGES OF ESTABLISHING PERSONAL AND CAREER GOALS?

- Improve focus – our brain is a goal searcher, once our objective is set, our brain does the work day in and day out looking for opportunities to realize them.
- Objectives give us a direction; they allow our choices, desires and dream to materialize.
- Objectives produce proof – We constantly have a reality check on our progress which gives us the motivation we need to continue.

### THE ACTION PLAN

A clear and definite action plan is an essential companion for an objective. Without action, objectives remain objectives. The more specific a plan is, the easier it is to follow and evaluate its progress. A simple look at our list of actions and we know right away if we must switch to second gear.

### A LITTLE ADVICE TO HELP ACHIEVE YOUR GOALS

- Post your objective where you can read it every day. Your brain will then constantly remind you of it.
- Get into the habit of rewarding yourself for your efforts, not only when you've obtained the desired result.
- Regularly share your objective and progress with a person you trust. This is an efficient way of finding the motivation necessary to achieve your goal.

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