



## **Hello and Happy New Year!!**

I hope your 2018 is off to a great start! With January winding down, it's time to ensure our 2018 goals are locked and loaded! If you're like me, the holidays can be a time of mixed emotions. I typically take another week or so afterward to decompress before diving into the new year and the goals I outline before taking time off with family and friends. I'm back on my laptop and loving it!

As I've settled in and narrowed down my focus even more, I was reminded of one word of caution I try to repeat to myself at least once per quarter, "Whatever you do, don't pile on too many goals for the year and be sure you make them S.M.A.R.T." Yes. S.M.A.R.T. By now, most of us have heard this. For reference, I use...

S- Specific

M- Measurable  
A- Attainable  
R- Realistic/Relevant  
T- Time Bound

I also like to add an "Audacious" goal in there to keep me striving and aspiring to new heights. Whatever your secret sauce for identifying and locking down your goals, I encourage you to have very specific Action Items for each. Again, don't overdo it and keep them simple enough where you can follow through and do so within a reasonable time.

I've narrowed down my Top 3 Goals to Measure Success in 2018, put Action Items around them and even enlisted some help to hold me accountable and for support. I am ready to conquer 2018 and excited about our year ahead together!

I've created some really great tools and resources to help us through the year that I'll share through my newsletter and social media sites, so be sure to stay plugged in for the latest updates. I'm pretty pumped for the year and look forward to adding value to your professional and personal lives. If you like the information...please share with your friends, family and colleagues! If you don't for whatever reason, share with me.

Oh! I'd love to hear back from you regarding your best method for setting goals and ensuring success! Feel free to drop me a line anytime.

Cheers to a productive, promised and purposeful year!

## **Philecia**

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