

YOU TOO?

It's December and the year end rush is on.

What was done in 2014, what needs to be done before the end of the year, and what needs to be done in 2015? It's hectic, and stressful for most people. Plus, depressing and overwhelming for some.

What's the solution? Denial. Go to the parties, enjoy other people. Try to forget. Yet, you can't, you can't forget. The endless tapes keep running. What didn't I do? What must I do? No, I can't even consider 2015, I have to try to survive 2014 first.

Can you relate to the above? Most of us can.

I sat with a client to plan 2015. To plan 2015 we had to first review the 2014 plan and what was and wasn't done. He did not want to review it, he just wanted to start with 2015.

Nope. You have to see where you are before you can plan where you are going. You have to have a starting place. So, review we did.

Can you guess what the surprise was? He accomplished more than he realized. He looked at his goals and realized most of the most important ones were accomplished. He looked surprised and then said, "WOW, I accomplished more than I realized. It was a good year!" It was. He realized he had much to be proud of.

No, he did not attain all of his goals, and one important one was not reached. Yet, this unattained goal was not as important as the others he did accomplish. So, he did the right thing. He focused on the most important and accomplished them.

Our 2015 plan was the outgrowth of his 2014 plan. Things were done and accomplished which eliminated the need to focus on them and also created the time needed to focus on those that were not accomplished in 2014. The important goal not done in 2014 is now the most important for 2015.

So, for 2015 he has his most important goal, and he now has time to accomplish it. Interestingly, he felt like he was close to accomplishing the goal just by realizing it was the top goal, and he had time to focus on it.

Warren Buffet says to focus on no more than five goals. I'm a little different. I like people to focus on one or two goals in different areas.

We need goals in the following areas:

Personal (ie weight training education)

Family (ie time family trips family things)

Career (ie career success skills employment)

Financial (ie things to buy things to save for)

Community (ie giving back how where)

While I've given you examples above, create your own. Do it now. You already know your goals so just get them on paper now. If now now, when? Take the time now!

Yes, there are more steps and each step is important. Yet, today, take the first steps.

First, what have I accomplished this year? Write it down.

Second, in each area of your life write the one or two key goals for next year.

Put the paper away, go enjoy yourself. Celebrate that which you did. Celebrate the success. Celebrate that you now know what's important for 2015.

We'll be back to take the next steps later.