
2012

New Year Resolution Program

HAPPY NEW YEAR from all of us at Eilert Communications!

As a way to wish you a happy and successful 2012, we would like to provide a goal-setting guide for your New Year's resolutions. Enjoy!

The secret to accomplishing a resolution (or any goal for that matter) is to keep the "why you want this" in mind at all times. That will break through even the most mundane tasks to get there. Putting the emotion behind the "why" gives the goal energy and promotes success.

Here is a simple guide to use all year for every area of life. Write your goal for each area of your life, when you want to accomplish it and what you need to do this month or week to move toward it. Visualization is a proven way to bring goals to reality. Think of all those Olympic athletes who visualize before their event. You can do this too. Picture yourself accomplishing each task and achieving your goal.

Print and keep this handy guide with you, post on your refrigerator or anywhere else you will see it every day.

Keep in mind: a Harvard study showed that the reality is: happy precedes prosperity, not the other way around. Focus on what makes you happy first, and the rest will fall into place.

2012

“Cheers to a new year and another chance for us to get it right.” - Oprah Winfrey

Resolution	WHY?	Desired Completion Date
Career:		
Financial:		
Physical:		
Emotional:		
Spiritual:		

Now, create an annual plan to accomplish these resolutions. Add milestones, tasks, reminders, or anything else that will help you reach each goal!

January	February	March	April	May	June
July	August	September	October	November	December