



*People who don't have goals
are controlled by others who do.*

- 1 Use positive self-talk.
- 2 Practice stress reduction religiously.
- 3 Document, prioritize, and update goals regularly.
- 4 Think, speak, and act on improvement, not what's wrong.
- 5 Allow time for work, play, relationships, and service.
- 6 The best goals are specific, measurable, difficult, relevant and time-based.
- 7 Compete only with yourself.
- 8 Celebrate! Recognize behavior you want to see repeated.

*Once you make a decision
the whole world conspires to make it happen.*

Ralph Waldo Emerson

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