

State Your Attentions: Achieving Your Goals for Next Year

By Doreen Amatelli, MBA, Professional Certified Coach and Workshop Leader

Many people send out holiday letters that highlight their families' lives over the past year. Businesses prepare annual reports describing their prior year's accomplishments and plans for the coming year. Toward the end of each year, I reflect back on my personal and professional achievements as well as failures by reviewing the plans I set earlier.

What I have discovered is whatever I focused my attention on during the year is what moved ahead. So a few years ago, I started to document what I wanted to accomplish each year by writing "Attention Statements" for each of the areas of my life. Writing them in the past tense, as if they had already happened, can be very motivating.

I ask each of you to write your own "Attention Statements" for next year by imagining it is already this month of next year. What would success in each of areas of your life look like as you reflect back? Since all facets of our lives are interconnected, I recommend completing at least one "Attention Statement" in each of these areas: career/profession, finances, social relationships, family, health, fun/entertainment, personal growth/spiritual.

Today's date:

Regarding my work or career, I have accomplished _____.

With respect to my finances, I have achieved _____.

In my social relationships, I have done the following _____.

In my relationship with my family, I have done the following _____.

Regarding my health, I have achieved _____.

For fun or entertainment, I have done the following _____.

In my personal/spiritual growth, I completed _____.

Try to be as specific as you can so you can easily measure your progress. How great would it feel if you attended to ONE or MORE of these next year?!

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Doreen holds an MBA and has spent over 18 years working at major corporations and small businesses in finance and marketing. As a certified professional development coach at Way to Goal! www.waytogoal.com Doreen specializes in helping committed professionals find careers that are both personally and financially rewarding.

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