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## HOW'S YOUR FOCUS?

A common practice at the beginning of January is to evaluate the past year and set goals for the New Year. Peter Drucker, a well-known management consultant, makes it a practice to take two weeks each year to evaluate what he has been doing and to plan for the coming year. Without this type of planning it is easy to lose focus and become distracted with the urgent and business of life.

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Setting SMART goals is one way to stay focused. SMART goals are:

<> Specific – Avoid being vague when setting goals. Rather than "I want to get in better shape" set a goal to "Get to the gym 4 days each week at 7:30am."

<> Measurable – you can clearly tell whether you made it to the gym 4 days in the past week. How clearly can you measure your goals?

<> Attainable – When you identify goals that are most important to you, you begin to figure out ways to cause them to come true. You develop the attitudes, abilities, skills, and financial capacity to reach them.

<> Realistic – Your goal is not only something you are willing to work for but able to work for. You can make it to the gym 4 days each week but 7 would not be realistic.

<> Time – You will begin exercising at the gym starting this Saturday. When will you begin your plan of evaluation and goal setting for the New Year?

"I believe in the motto, 'Try and try again.' But the way I read it, it says 'Try, then stop and think, then try again.'" William Singleton

Dreaming Big,

Michael J. Pfau, M.Ed., C.L.C.

\_\_\_\_about the publisher\_\_\_\_\_

### Crossways Life Coaching

The focus of Crossways Life Coaching is to guide individuals into intentional, authentic living. Lifeways is written by Michael Pfau, a Certified Life Coach. Through his work with the Bruce Wilkinson's Dream Giver Coach Network and the Christian Counseling and Education Foundation he helps couples, individuals and small business owners achieve their dreams and reach their full potential.

Individual and group coaching is available. For more information or a complimentary coaching session, contact Michael at [mike@crosswayslifecoaching.com](mailto:mike@crosswayslifecoaching.com) or visit [www.crosswayslifecoaching.com](http://www.crosswayslifecoaching.com).

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