

**GOLD ACHIEVEMENT**  
by  
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*"To accomplish great things, we must not only act,  
but also dream; not only plan, but also believe." Anatole France*

Welcome to a NEW YEAR!! What will it hold for you? Are you excited about the direction of your life and ready to see things happen? Or are you at a time of reflecting, evaluating and making new decisions? Regardless of where you are or what you have been through, this dynamic goal setting process can guide you to make this year the best of your life. How fun it is to achieve far reaching goals easily without stress or pressure.

Most people spend more time planning a two week vacation they spend planning their lives. Our goal is to make this year an extended vacation of accomplishment and fulfillment. In order for your self image to be improved and your life's potential to be reached, it is beneficial to set goals for each compartment of your life. By categorizing your goals you are able to connect them in a harmonious, supporting network. All of your goals then become inter-related and working together. This is what is called "the whole person" concept.

The secret to successful goal setting is to take off all limitations and pretend that you just won the lottery - time is no problem, money is no problem, and anything is possible. The secret to successful goal achieving is to realize it is not the job of your conscious mind to figure out how something will happen. There are thousands of ways to get to where you want to be and the "how to" will become evident once you decide where you want to be. So take pencil and paper and write down what you want in each area of your life:

**\*Career:** Establish new levels of accomplishment, develop new skills, advance your career position or look into areas that really interest you

**\*Financial:** Increase your streams of income, pay down debt, save money for a specific purpose, change your ideas about money and let go of old limitations.

**\*Spiritual:** Support with your time, energy and money causes that you believe in. Practice your values and ethics in every part of your life.

**\*Physical:** Eat only what is good for your body, improve your physical appearance, exercise in activities that you enjoy, give up smoking, drugs or alcohol

**\*Mental:** Take classes that interest you, erase erroneous limiting mental attitudes, develop your memory - including ways to remembering names

**\*Family:** Improve relationships with parents, children and siblings, improve communication

**\*Personal Relationships:** Develop a better relationship with those closest to you, make new friends, release old toxic relationships

**\*Things I Want To Do and Want To Have:** Take a cruise, climb a mountain, go deep sea fishing or own a dream house or a new car

**\*How I Want To Be:** Describe your total concept of the kind of person you want to be and include how you want to feel - positive attitudes and emotional changes, experiencing joy each day no matter what is happening, feeling healthy and vibrant, being excited and enthusiastic,

letting go of resentments, irritability, anger, blame, and guilt. The progress you make with feelings determines the success in all of your other goal categories.

When you have decided where you want to go in each of these areas, make a small commitment of what you will do for the next two weeks as a step in that direction. Make the commitment something that you know you can keep. At the end of the two weeks, acknowledge your accomplishments and decide what you will do for the next two weeks. If you encounter difficulty, don't change your decision to go. Change your direction to get there. At the end of the year you will be amazed at what you have been able to accomplish and the person that you have become. Enjoy the journey!!

**Dr. Darlene Treese** has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary EClub of Southwest USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people", Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **[www.AskDrTreese.com](http://www.AskDrTreese.com)**