

*... adding new values to your organization's human resources*

**Make those resolutions stick.**

Choose goals that you are willing to honour 100%.

*You are more likely to succeed when your goal is tailored to your values, priorities & personal situation. Ask the following as you decide on your goal(s).*

1. Is this goal consistent with my values?
2. What am I willing to give up to have this goal?
3. Am I willing to go through the pain of change?
4. Why do I want this goal?
5. Do I really want this goal?
6. What will it look like when I achieve my goal?
7. Am I capable of achieving this goal?
8. Am I willing to do whatever it takes to have this goal?
9. Who else wants me to attain my goal?
10. Am I prepared to change, modify and/or abandon my goal?

*A goal is an agreement with yourself. When you are unable to stick to your goals, you are letting down the most important person, YOU.*

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