
It's That Time Of Year Again

The time to reflect on the past year and start to focus on the year ahead. Most of us think about the things we didn't get done and promise ourselves that next year will be different; crossing out the 2017 on the top of our goal page and inserting 2018. For many of us, goal planning is more like making a wish list of all the things we think we are supposed to want or what others tell us we should want, without evaluating what we actually want. This year, why not take the time to think about what you really want?

Set aside a day and dedicate it to analyzing your goals. Make a list of what you think you want and then ask yourself if you're willing to do what it takes to achieve that goal. If you want to lose 10 pounds, are you willing to work out each day, give up chocolate, and eat healthy? If the answer is no, don't make it a goal! So many times we write things down that we think we want only to find that we are never really willing to take the action necessary to achieve them. Don't make goal planning something you do just because you were told you need goals. Make it something you want to do because you want to accomplish more with your life.

Anyone can try, true achievers do! Take the time to write real goals, visualize the results, commit to take action and make 2018 count.

Shake It Up! Big Dreams and Bold Choices On The Road To Success" is available at ManginelliGroup.com. Shake It Up is short, easy to read chapters to help you in everyday life and business to stay on the road to success.

"In business and in life, staying positive in difficult circumstances is not an easy task. We are going to experience adversity. The real question is 'How will we approach it when it comes?' Dan Manginelli's answer to that is, 'As an opportunity to take action and move forward!' His new book Shake It Up! is a chapter-by-chapter personal coaching session with inspiration and ideas to help us do just that."

*Steve Emtman, Owner & CEO Defender Development,
1992 #1 NFL overall draft pick*

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