

 A Happy New Year to you 

What I'd like you to do is the **OPPOSITE** to all 7 of these points below and I guarantee you'll reach your goals this year!!!

Do You Know Why Most New Year's Resolutions Don't Work?

1. The person doesn't **set the end result goal**. What specifically are you trying to achieve?
2. The person doesn't **make a detailed plan**. How are you going to achieve it? For instance, change the statement, I want to lose weight - to - I will lose 10 pounds in ten weeks by (and list how).
3. The person doesn't **write down** their goals. Only 3% of people write their goals down. Those same 3% are the ones who become successful. When you see your goals in writing, you will be more committed to them.
4. The person **doesn't truly believe** they can do it.
5. There is **no accountability** or anyone to hold them to their goal.
6. The person is **not emotionally** attached to the outcome.
7. The person does not have the **resources** to achieve the goal

Remember to do the **OPPOSITE** and enjoy reaching your goals 

In 2009 we'll be bringing out some new exciting products designed to engage young people in learning about **Respect, Communication** and **Setting and reaching their targets** in life.....we'll keep you posted.

Have a tremendous 2009!!!

Steve Beckles-Ebusua

Serious Intentions

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