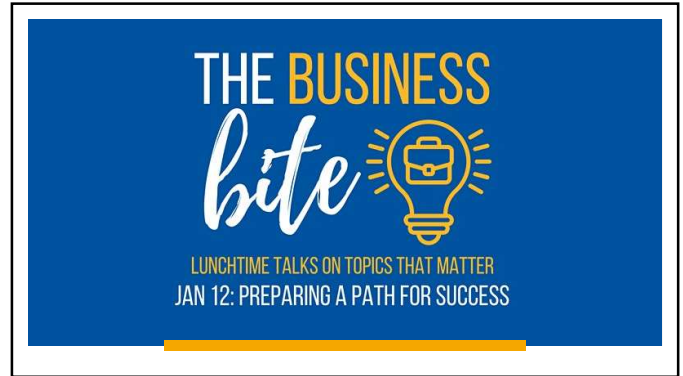




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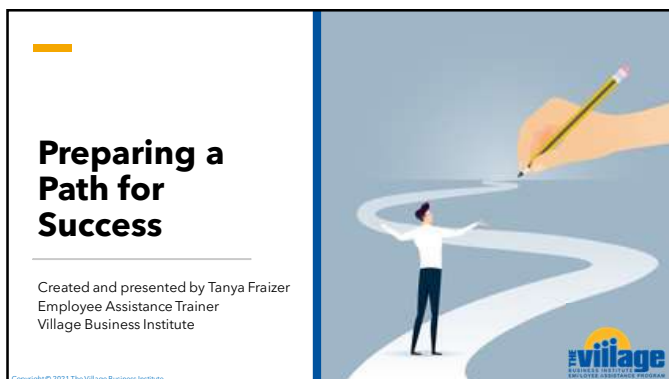
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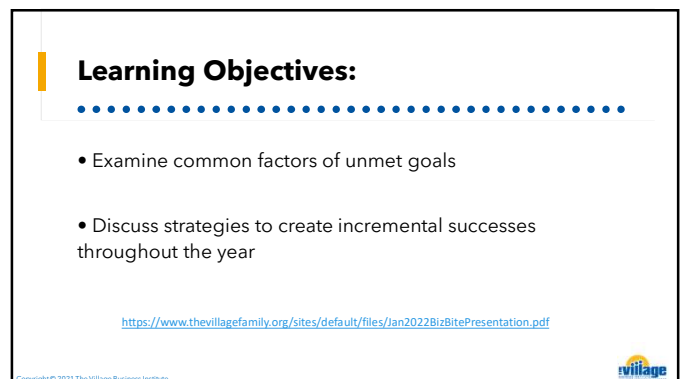
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How Are Those New Year's Resolutions Going for You?



- Going great?
Fantastic!
- Faltering?
You are not alone.
- Dead on arrival?
Welcome to typical NY resolutions!

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www.villagebiz.com/what-is-the-village-business-institute



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New Year's Goals Usually Tank!

- 92 percent of people that set New Year's goals never actually achieve them?
- While you may think these successful 8 percenters are born predisposed to these talents, research says that successful people achieve their goals not simply because of who they are, but more often because of what they do.
- "We are what we repeatedly do." - Aristotle
- By practicing these skills, expect to dramatically improve your rate of finishing strong.



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Science Says, 92 Percent of People Don't Achieve Their Goals. Here's How the Other 8 Percent Do - Inc.com



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Reasons Goals Fail

1. Loss of Focus
2. Absence of Strong Reasons
3. Lack of Purpose
4. Inability to Act
5. Overwhelm
6. Being Negative
7. Listening to People Who Discourage you



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7 Reasons Why We Fail To Achieve Our Goals | Essay.com



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SPECIFIC



MEASURABLE



ACHIEVABLE



REALISTIC

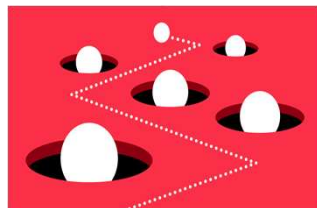


TIME-BOUND



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Three Biggest Pitfalls



Too Big

Wrong Mindset

Set Once



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We Start TOO BIG and Then Get Stuck



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Break It Down...


And Again... and Again...

Specificity = Clarity




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Great things are done by a series of small things brought together.

-Van Gogh

Truly successful goals are accomplished and maintained, not just set and sustained

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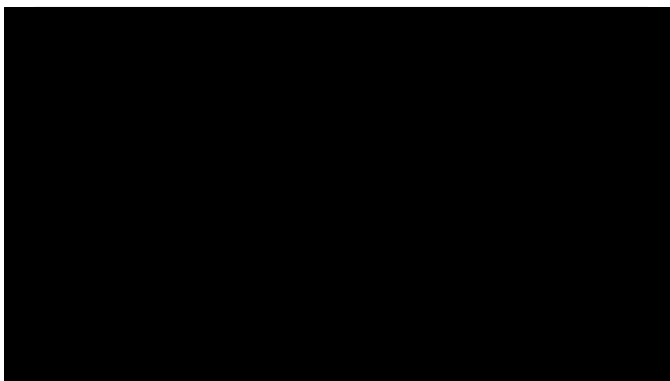
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We Need to Adjust to an Intentional Growth Mindset

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Fixed Mindset	Growth Mindset
Carol Dweck	
Intelligence is static. Leads to a desire to LOOK SMART and therefore a tendency to:	Intelligence can be developed Leads to a desire to LEARN and therefore a tendency to:
✓ AVOID CHALLENGES	✓ EMBRACE CHALLENGES
✓ GIVE UP EASILY DUE TO OBSTACLES	✓ PERSIST DESPITE OBSTACLES
✓ SEE EFFORT AS FRUITLESS	✓ SEE EFFORT AS PATH TO MASTERY
✓ IGNORE USEFUL FEEDBACK	✓ LEARN FROM CRITICISM
✓ BE THREATENED BY OTHERS' SUCCESS	✓ BE INSPIRED BY OTHERS' SUCCESS


Silvia Rosenthal Toljano @Rosentachs

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How many of you had a 2021 like you thought it would be?

Then how can you operate under the same goals that you set at the beginning of the year?



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"You can't go back and change the beginning, but you can start where you are and change the ending."

— C.S. Lewis

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every success story is a tale of constant adaption, revision and change

richard branson

May your 2022 be filled with SMART Goals that are:

- Broken down into achievable steps, again and again
- Framed within a Growth Mindset, with action behind the vision
- Revisited with regularity, so that your goals match your current reality and not your December 31st reality

SUCCESS.com

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- Workplace Issues
- Emotional Health
- Financial Counseling
- Drug/Alcohol Issues
- Legal Services

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Questions & Feedback

<https://www.thevillagefamily.org/sites/default/files/jan2022BizBitePresentation.pdf>



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<https://www.surveymonkey.com/r/RTZWGS9>

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Preparing a Path for Success

Created and presented by Tanya Fraizer
Employee Assistance Trainer
Village Business Institute

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