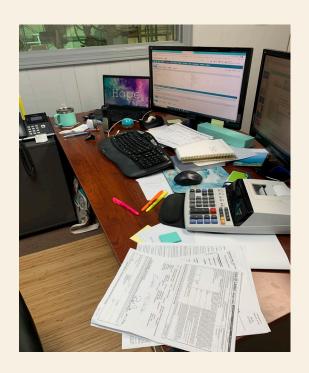
ORGANIZATION AND GOAL SETTING Fran Veal

ABOUT ME

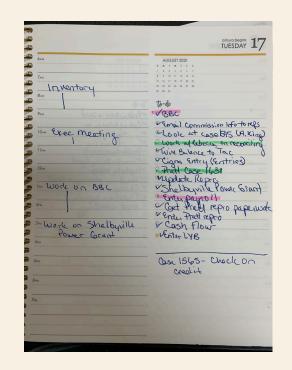
MY DESK ON ANY GIVEN DAY

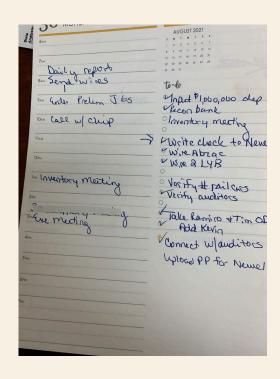


I am not a naturally organized person. It is something I have to really work at. This is my desk as I am writing this. It may look messy to you, but I know where and what everything is. On the bottom (right side of my desk) I will keep items that need my attention. My calendar and what I am working on at the moment are right in front of my keyboard. I'm left handed, so I keep a notepad to my left so I can jot down info that I don't want in my calendar.

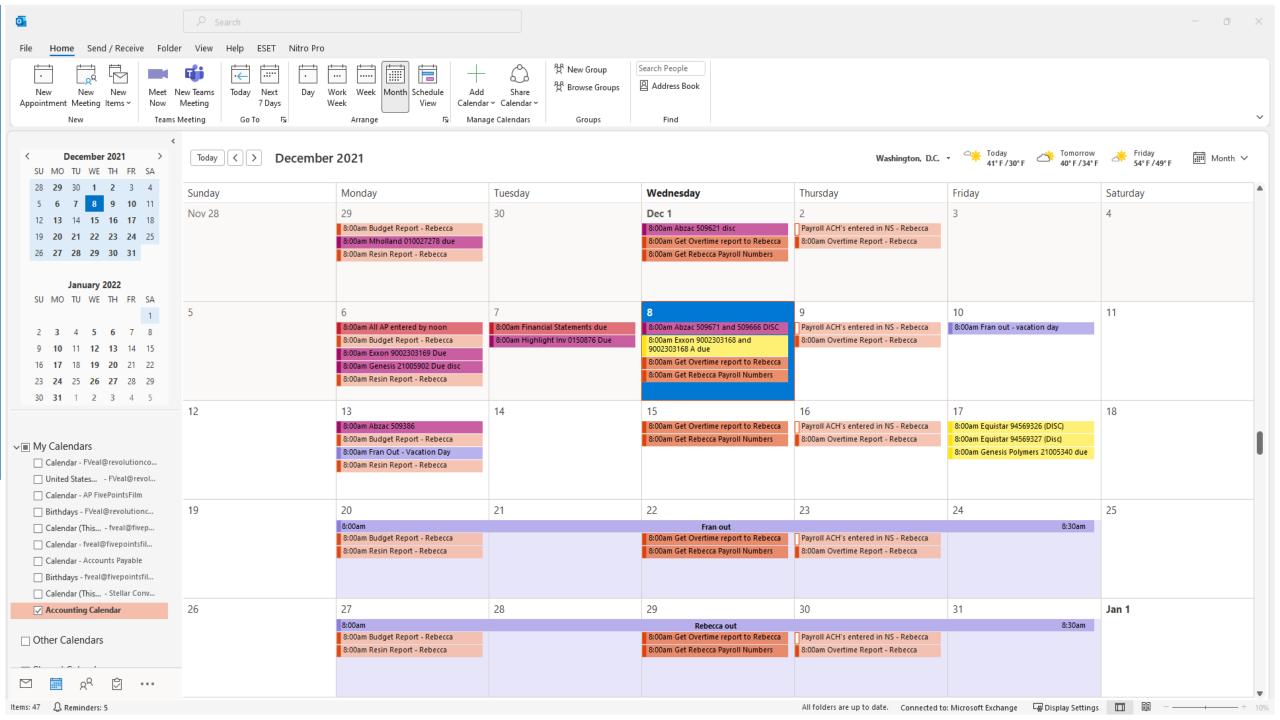
SPEAKING OF CALENDARS...



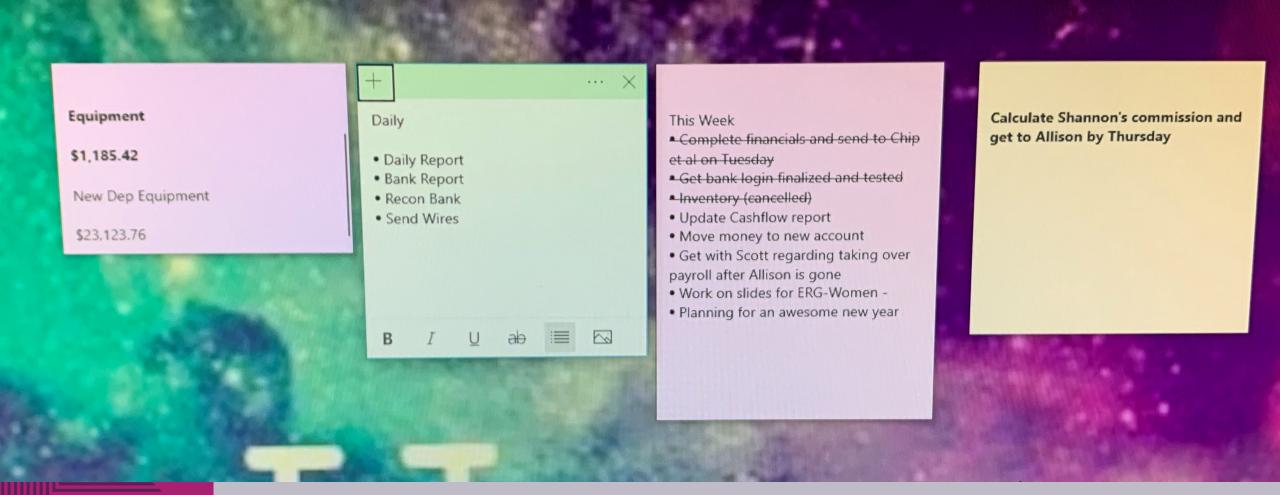


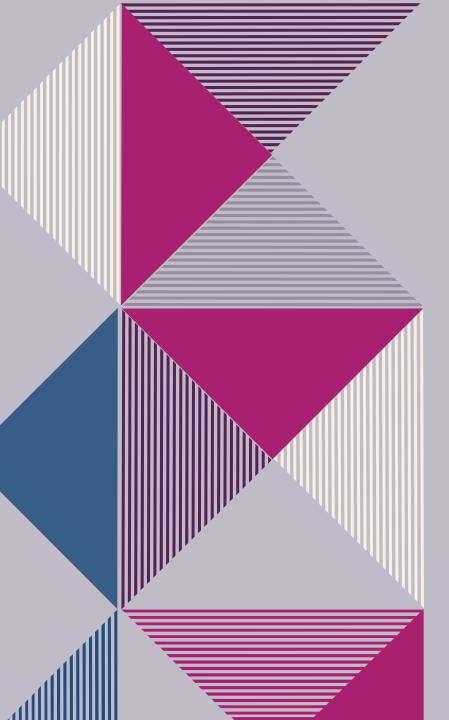


I've tried countless calendars over the years, but for me, I like the Erin Condren daily calendar. It actually comes in two 6 month spiral bound books. I like a calendar that is functional, but a little fun, and for me, the Ellen Condren calendar works best. There is a month at a glance page and room for notes every month in addition to the daily pages you see here.



STICKY NOTES





DARE TO DREAM

Your best year ever!

IMAGINE YOUR PERFECT YEAR

What would it look like personally and professionally if you had your perfect year?

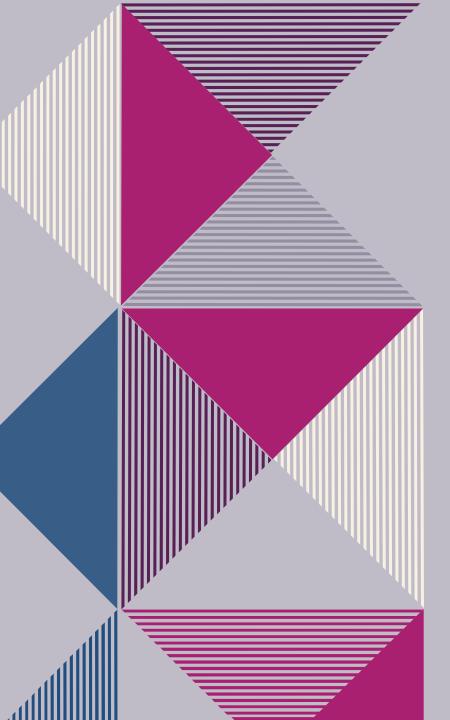
ALLOW YOURSELF TO DREAM

Write down everything you can think of that would make your year perfect.

Don't hold back!

ORGANIZE INTO REACHABLE GOALS

Take what you wrote down and organize it into sections. What is realistic for this year? What needs to wait until a later time?



GOAL SETTING

Setting yourself up for a successful year

START BROAD

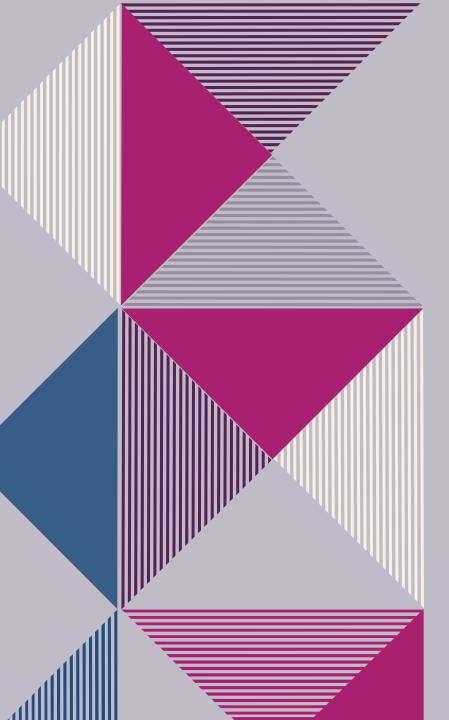
Spend some time thinking about where you want your year to look like. Write down anything that comes to your mind - professional or personal

CHOOSE 3 PERSONAL & 3 BUSINESS TO FOCUS ON

Now that you have your list, choose the goals that are the most important to you or the ones that you think will have the biggest impact

MAKE SURE YOUR GOALS ARE ACTIONABLE AND SPECIFIC

Goals that aren't within your power (get promoted) or specific enough (lose weight) will just make you frustrated.



GOAL SETTING

Setting yourself up for a successful year

ACTIONABLE AND SPECIFIC GOALS

- Are within your power to complete
 - Yes Get financial statements done by the 5th of the month
 - No Get a 10% raise
- Stretch you but are reasonable
 - Yes Cut out one sugary item per day until all sugar is out of my diet
 - No Lose 20 pounds by the end of January (WE WISH!)
- Are specific
 - Yes Complete training on Power BI by February 15
 - No Get training