



Success in 2023

How can I be most effective in 2023? Should I make a New Year's Resolution, set goals or both? What really is the difference? The definition of a resolution is to make a firm decision to do or stop doing something. A goal is the end toward which effort is directed. So, let us look at an example of both. The resolution might be to lose weight in 2023, while the goal would be to lose 20 pounds. But is it worth it when resolutions fail between 80 - 90% of the time and goals fail 70% of the time? What is missing? Let us look at two goals almost every person achieves. 90% of people in the USA reach the goal of getting their driver's license and 86% of students graduate from high school. So, why are we achieving these two, but we fail over 80% of the time to lose weight, make more money, spend more quality time with family and friends just to name a few. Why are we so successful at getting our driver's license? I think we understand and are motivated because of the freedom and independence we gain by reaching this one goal. Maybe we are missing that with making more money. Do we really know how that will change our life? Can we understand how much longer we will live and how much better we will feel if we lose 20 pounds? I am not sure. Now, let us look at graduating high school. From the time we enter kindergarten, our goal for the next 12 years is to graduate high school. 86% of us stay the course for 12 years yet we cannot reach a much simpler goal of losing weight or making a few more dollars. Look at what we have as a student: we certainly have a defined path to reach our goal, we have many role models that have achieved this goal before us, we have parents and teachers helping us to be accountable towards this goal, we have a step by step process each year moving us closer to our goal. It is certainly measurable, and we are motivated to achieve this goal to become employable. So, looking at these two examples I think we may lack motivation, accountability, structure, definable path, and maybe some bad habits that get in the way of our success. Do we really believe we can achieve these goals or resolutions we set year after year?

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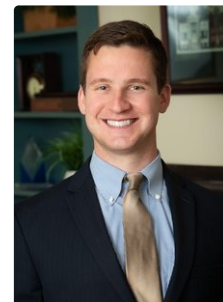
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