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*"No one ever
became a success
without the help of
other people."
~ Hillary Clinton*

Goal Setting: Lessons from a Wedding

I have just had the honour of being involved in a wedding for two very special people.

As I watched them prepare for their big day, it struck me how much more successful we all would be at reaching the important goals in our lives if we approached them in the same way as this couple had planned for their wedding.

Although this monthly newsletter is usually focussed on presenting research and facts to help you be more successful, I thought this month's article would offer a more light-hearted approach to goal setting. Whether you are reaching towards a big goal in your personal life or a complex project at work,

these key lessons learned from a terrific couple will assist you along the way:



1) Begin with a clear and motivating vision

Most couples have a very clear picture of how they want their wedding day to be. Often, they have thought about it for a long time and know what elements are important to them, whether it involves a large, formal event or an intimate gathering on a

beach. However, when it comes to other goals in our lives, our vision is often fuzzy, at best. Without a clear picture of what you are trying to achieve, it is very hard to develop an effective plan.

For your key goals, spend some time reflecting on exactly what outcome you want. A good test of your clarity is to be able

to state your goal succinctly using the SMART acronym.

Your goal should be:

*Specific
Measurable
Action-oriented
Realistic
Time-based*

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Thank You For Your Support!!!

Because of generous donations from people like you, I have surpassed my initial goal for the **Weekend to End Breast Cancer**, raising over \$3000 so far!

This **2-day, 60-kilometre walk** will benefit Princess Margaret Hospital, funding important breast cancer research, education, services and care.

Did you know that one in nine Canadian women will be diagnosed with breast cancer in her lifetime? Participants in The Weekend to End Breast Cancer have the opportunity to personally make a difference

in the fight against breast cancer and make an enormous impact on breast cancer research funding in Ontario.

I will continue my fundraising efforts throughout the summer, but wanted to give you a quick update on my progress and to express my gratitude for your support of this worthy cause.

I will be keeping all of the donors in my mind and heart as I complete the walk on September 8-9. To stay updated on the amount of donations raised throughout the summer, please visit www.endcancer.ca

Denise

Lessons from a Wedding

(cont'd from page 1)



“To live is the rarest thing in the world. Most people exist, that is all.”
~Oscar Wilde

“To be what we are, and to become what we are capable of becoming, is the only end of life.”
~Robert Louis Stevenson

2) *Develop a detailed plan*

Once you have a clear picture of what you want to achieve, take the time to make a very detailed plan of how you will achieve your goal. What actions will be involved? What will you need to do and by when? If your action plan consists only of a list of generalities that need to be accomplished, it is not very likely to produce a successful outcome.

Instead, make your action steps as specific as you can and schedule time to work on them. By actually scheduling time for your key action steps, you are much less likely to be overwhelmed with the more trivial items that can easily fill up your days.

3) *Rely on the strengths of your team*

If a bride was expected to do everything herself for her wedding (make her own dress, cater the meal, take the photographs, and so on) she would probably be very

stressed – this is why they have wedding parties to help share the workload. But yet, when we look at most of the big projects in our lives, we often try to do everything ourselves and refuse to ask for help.

To be most successful at reaching your goals, consider who you need on your team. Is there a specific part of your plan that is not your particular area of strength?

Research by the Gallup Organization has shown that people on successful, highly performing teams typically use their strengths about 75% of the time. What tasks could you delegate to someone who could do them more effectively than you?

4) *Be prepared for the bumps in the road*

Regardless of how well you execute your plan, there will be unexpected things

that happen along the way to throw you off course. You may need to modify your plan slightly to accommodate these unforeseen issues. Just don't let them stand in the way of reaching for your goals; accept whatever obstacles may pop up and find ways to work around them.

5) *Have fun along the way*

A wedding often consists of more than just the actual ceremony itself – it's the planning, the shopping, the showers, the stag and doe, and so on. If the couple isn't enjoying themselves throughout this process, it may feel like a *very long* engagement!

As you work towards your goals, remember that half the fun is getting there. Take time to celebrate the small achievements along the way to your larger goal, and express gratitude to those who have helped you out on your journey to success!

Live Your Strengths

Monthly Challenge

Visit Dr. Seligman's Authentic Happiness website www.authentichappiness.com and take the free *VIA Signature Strengths Questionnaire*.

This is a well-researched assessment that will give you immediate on-line results identifying your top 5 key character strengths.

Your challenge this month is to use your signature strengths in a new and different way each week as you work towards your goals.

For example, if one of your key character strengths is 'authenticity' and your goal is to expand your business by attracting new clients, think about how many

different ways you can use this strength to move closer to your goal. Then implement one of your ideas each week.

Could you use some guidance with this challenge? Call Denise for a free 30-minute coaching session. Start living *your* strengths!

Do you have suggestions for upcoming newsletters or success stories you want to share?
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