

**What you get by achieving your goals  
is not as important as what you become by  
achieving your goals.**

Henry David Thoreau

**Did you have a goal for last year? Do you have a goal for  
this year?**

**Many people don't set goals at all. Some people set goals  
and then forget about them. Successful people write  
their goals down, create an action plan and have the  
sheer determination to achieve them.**

**When you achieve your goal you not only get the result  
you wanted, but you get much more. You gain the  
knowledge and confidence of how to succeed. You  
learned how to passionately pursue an outcome even  
when it became challenging. You reinforced your  
understanding that you can accomplish anything that  
you put your mind to. You can do it. The question you  
need to ask yourself is will you.**

*Put your hand on your heart and say:*  
**I choose to achieve my goals.**