



Resolve Not to Set New Year's Resolutions

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7 Habits Author Offers 10 Tips to Effectively Achieve Your Goals in 2006

SALT LAKE CITY, Dec 21, 2005 /PRNewswire-FirstCall via COMTEX News Network/ -- As the New Year approaches, we reflect on the past year and how we can improve in various areas in our lives during the coming year. Often, we set resolutions that are so overwhelming we set them aside only a few days or weeks later. So how do you overcome the urge to write a New Years Resolution that will be broken within the first two weeks of January?

"My advice to everyone this year is to resolve not to set New Years Resolutions," said Stephen R. Covey, vice chairman of FranklinCovey (NYSE: FC) and best-selling author of "The 7 Habits of Highly Effective People" and "The 8th Habit: From Effectiveness to Greatness". "Instead, identify one or two goals you really want to accomplish this year, and figure out the steps you will have to take to achieve them."

Setting a long list of New Year's resolutions year after year and never completing one can be discouraging over time. Covey offers insight into how you can create more meaningful annual aspirations that -- with focus, commitment, planning and determination -- you can actually accomplish in 2006.

These 10 tips from Covey offer a more effective alternate to the infamous New Years Resolution.

1. Set goals instead of New Year's resolutions.
New Year's resolutions are changes you wish to make or goals you want to achieve over the course of the year, but for most people, a year is too long to stay focused on a single goal. Instead, set long or short-term goals that can be broken down into smaller pieces and more easily accomplished over time.
2. Begin with the end in mind.
To begin with the end in mind means to start with a clear understanding of your destination. What do you really value in life? What is most important to you? By keeping that end clearly in mind, you will better understand where you are now so that you can make certain that the goals you set and the steps you take daily to achieve those goals are in line with what you have defined as supremely important
3. Don't set too many goals.
If you could only accomplish one or two goals over the next year, what would they be? The answer to this question should determine your goals. If you successfully complete the one or two goals, you will have been more effective than years when you set five or more New Year's resolutions and didn't complete any of them.
4. Commit to your goals and write them down.
Don't set a goal you are not passionate about. Set a goal that you are inspired by and motivated to achieve. Making and keeping promises to yourself is vital to achieving personal integrity, which enables you to keep your promises to others. Once you have identified your goals, write them where you can revisit them weekly or daily. The more frequently you review your goals, the more likely you are to achieve them.
5. Break your goals down into more manageable chunks.
Identify and write the steps you will take to accomplish your goal. Tackle each of the steps identified as a single project so the entire goal doesn't seem so overwhelming.
6. Assign realistic deadlines to each step toward your goal.
Order the steps toward your goal chronologically. Determine how long each step will take, keeping in mind the day-to-day things you have to do, and then set realistic deadlines.
7. Plan to review progress toward your goal weekly and daily.

Set aside time daily and weekly to review your progress and plan what you will do in the upcoming day or week to move forward. Focus on the most important tasks you must complete in order to reach your goal by the deadline.

8. Reward yourself.
Determine some motivating rewards for each step you complete on time. Each time you complete a step toward your goal, celebrate your success with the reward!
9. Find a mentor.
Enlist the help of someone you trust to help you as you work toward your goal. Find someone who will encourage you when you are struggling and celebrate your successes, not someone who help you feel more discouraged.
10. Don't give up when you slip-up.
When you slip-up, recognize it as a mistake and find a way to get back on track. You may have to start your goal over, reevaluate the deadlines you have set, or think through other ways to achieve your end in mind. Be willing to adjust and change your plan, but don't give-up or let guilt crush your motivation.

"As people enable themselves to achieve one or two goals for the year that are most meaningful, they will find power, peace of mind, and confidence in their abilities because they have achieved what they set out to accomplish," said Covey. "Your commitment to achieving what matters most will become the foundation for tremendous accomplishments and contributions. You will become the change you seek to make."

About FranklinCovey

FranklinCovey (NYSE: FC) is the global leader in effectiveness training, productivity tools, and assessment services for organizations and individuals. FranklinCovey helps companies succeed by unleashing the power of their workforce to focus and execute on top business priorities. Clients include 90 percent of the Fortune 100, more than 75 percent of the Fortune 500, thousands of small and mid-sized businesses, as well as numerous government entities and educational institutions. Organizations and individuals access FranklinCovey products and services through corporate training, licensed client facilitators, one-on-one coaching, public workshops, catalogs, more than 100 retail stores and www.franklincovey.com. FranklinCovey has nearly 1500 associates providing professional services and products in the United States and for 37 international offices, serving more than 100 countries.

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