

# A Life to Live

Shirley Polak • Mind Coach



## **YOUR 2012 GOALS!**

### **Use your skills, achieve your goals, and create a change:**

I believe that each one of us has his/her own special skills. Our skills allow us to achieve our unique goals. This works in reverse, too: our goals help us discover our best abilities. By using our best abilities to achieve our goals, we create positive change in our lives and enrich the lives of those around us.

For us to be able to reach our goals, we need to stop expecting others to change or make changes for us. Each of us must invest time on practicing being focused and fearless and create success results by doing the things we are best at.

As Gandhi said: “Be the change you want to see in the world.”

### **Get answers!**

Now give yourself a moment to write down your unique skills. Be really opened-minded and just put it out there on a blank paper. Don't stop to read or edit yourself. Even if you write things a few times, it's okay.

When you're done, when you feel you don't have anything to add, then read your list of skills. Don't judge yourself and don't delete or change words. You can still add skills that you may have missed.

When you're done reading, write down the one big goal or few big goals that you would like to achieve with your unique skills. Again, don't stop and read or judge yourself. Just let it flow and don't stop, until it stops.

Now that you have your 'golden lists', act on them every day start now – January 2011!!

I am here if you need me...

Wishing you A Life to Live! Shirley Polak, Mind Coach.