

AdvantEdge

Jean Caton

Inspiring Women, Empowering Leaders,
Transforming Careers

Looking Ahead

2011

Directions: Find a quiet place to spend 10-15 minutes to look ahead to 2011. Acknowledge your accomplishments; learn from your *do-overs*. Write down your responses to the following questions and save this document to refer back to during the year.

1. What are the top three actions I took in 2010 that I am most proud I accomplished? Go ahead celebrate!
2. What was my major disappointment? What am I doing to move beyond it?
3. What is the # 1 lesson I learned from my challenges in 2010? What different actions or decisions will I make in the future?
4. What is the one most important professional goal I want to accomplish in 2011? (be specific)
5. Why want it? What will be different when I achieve my goal?
6. What am I willing to do to make that dream a reality? Am I truly committed to do all that it takes to achieve my goal?

7. What new solutions, skills, support, or investment is required?
8. What barriers do I anticipate that have prevented me from achieving my goals in the past? How will I prevent them this year?
9. Who are three people I am most grateful to have in my life (in addition to my immediate family?) How will I acknowledge my gratitude?
10. What will make 2011 the best year yet for me and for my family?

"You can have anything you want if you are willing to give up the belief that you can't have it."

Robert Anthony

Take action!

Change is difficult. It helps to have structure and accountability. Here are two opportunities for you to help you set goals and achieve them!

Let's do it together. Join me for a complimentary teleclass to help you set goals that will make 2011 an amazing year! If you are serious about making 2011 the year you follow-through and make your dreams a reality, say yes to this opportunity, right now, while you are excited and motivated about the coming year. Take Action!

"Great wisdom, not applied to action, is meaningless data."

Peter Drucker

Be accountable to others: Join a coaching & mentoring mastermind group [Find out more](#)

Request a complimentary career or business strategy coaching session with Jean. Act now and you will be entered into a drawing for **two months of free coaching!** (Offer valid until February 28, 2011). E-mail FreeCoaching@JeanCaton.net