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## ENGAGING. ENERGIZING. **TRANSFORMING.**

Hi there,

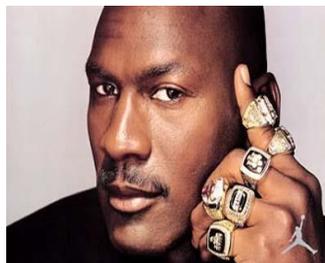
Did you know that **Michael Jordan** was cut from his basketball team during his sophomore year of high school?

He spent the following summer training, not because he wanted to become one of the most famous basketball players in history, **he just wanted to make it back onto the team.**

"I set a goal of becoming a starter on the varsity," Jordan said. "When it happened, **I set another goal**, a reasonable, manageable goal that I could **realistically achieve** if I worked hard enough."

Michael Jordan allowed himself to set small goals, and through those small goals he met **greater success** than he would have if he'd started with nothing more than a vague desire to be a famous basketball player.

As we enter the New Year, it's tempting to set huge goals for ourselves and to give up on them when we don't accomplish what we'd planned as quickly as we'd hoped.



Instead of being frustrated, congratulate yourself every step of the way. Every bit of progress, no matter how small, brings you closer to your goal.

Even though Michael Jordan didn't make it into the NBA right away, he was thrilled to get to play varsity for his high school. Six championship rings later, Jordan embodies the value of setting small, achievable goals for yourself.

*"The difference between a dream and a goal is a deadline."*

- Curtis Zimmerman

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Five Steps for Effective Goal Setting

Living Life at Performance Level: the workbook series

### Upcoming Events

**1.11.14** - Moët Hennessy USA, Las Vegas, NV

**1.13.14** - MAAC Project, San Diego, CA

**3.1.14** - McDonald's, Dayton, OH

### Today:

- **Take time to reflect.** Think about this past year. Where have you succeeded? Where do you wish to improve?
- **Make a list** of what you succeeded in this past year, and what you can improve upon in 2014. This can be personal, work-related, having to do with your relationships--you name it.

### This week:

- **Dream big.** Sit quietly by yourself and write a list of goals. Maybe this includes places you want to visit, a habit you want to change, or a legacy you want to leave behind. The problem with setting goals isn't that people set them too high, it's that they don't set them high enough.
- **Take action.** What's something small you can do today that will help you begin working towards your goals? For example: Write them out and post the list somewhere visible.

### This month:

- **Prioritize.** Return to your list of goals and prioritize them on a scale of 1-3.
- **Measure your progress.** Commit to reviewing your progress on a weekly or monthly schedule.

If you want more in-depth guidance, [subscribe to my blog](#) and receive a copy of my Goal Setting Workbook for FREE. I'll be posting great tips for setting goals on [my blog](#) all month long, so keep reading to make this your best year ever!

*Living The Dream*  
*Authentic Living*

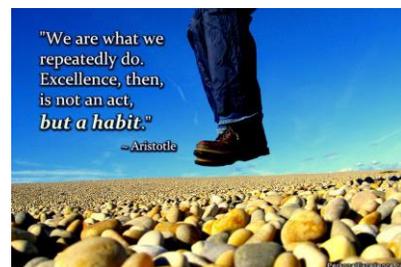
### Hot off the Blog



Make 2014 your best year in business yet. Here's my [14 Ways to Grow Your Business in 2014](#).



When's the last time you took a risk? [Take my "Jump off the Cliff" Challenge!](#)



What new habits do you want to develop in 2014? Learn about habits in my post [Habits and the Power We Give Them](#).

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