



## Growth through Learning™

Dear Clients, Valued Partners and Friends,

What will your life be like when you've achieved your most deeply held dreams? Let's take a look at how you can start living your dreams this very day.

Do you have a dream, a vision of the life you wish to live? How specific is that dream? How clear is that vision? How do you intend to reach it? What obstacles stand in your way? Are your fears holding you back or are you using them to move you forward?



Your fears can actually lead you to success. Fear is an intense emotion. But that doesn't mean it has to control you, or even stop you. Fear can prepare you and push you forward just as strongly as it can hold you back. Fear heightens your awareness and increases your physical strength. Fear brings your mind to sharp focus. With all that going for you, does it make sense to just run and hide? Of course not. Fear gets you in shape to take action!

Are you waiting for things to get better before moving ahead? If you're serious about success, you need to start taking action today. If you're waiting for things to be perfect, you'll wait forever and nothing will ever get done.

The way to achieve is to bloom where you're planted, to do what you can, where you are, with what you have. It's easy to think up excuses for not taking action. "If only I had more hours in the day. If only I had a better job. If only I could meet the right person." But excuses won't bring you anything of value. You've got to change your "if only" into an "I will." "I will make better use of my time. I will work on improving my career. I will create and nurture my relationships."

Take a chance. Have faith in yourself. Your circumstances will improve when you make the effort to improve them. Start where you are right now. You have everything it takes to reach for whatever you desire. Stop wishing. Use your time, your energy, your thoughts and efforts to make it happen! You'll be glad you did!

<http://www.lesbrown.com/>

Sincerely,

**Ralph & the Kison Team**  
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# Achieve Your Goals



A key to developing yourself is setting -- and achieving -- meaningful goals for personal change. Often, however, you don't set goals in a way that ensures the follow-through needed to turn great plans into successful outcomes.

What is required to produce positive, long-term change in behavior? Why do you often set great goals, yet lose the motivation to achieve them? How can you stick with the plan and ultimately reach your desired targets? Whether you set a behavioral goal, such as becoming a better listener, or health goal, such as losing weight, you face challenges in changing behavior. Why do goal-setters give up so soon? Why don't most New Year's resolutions last through January? What goes wrong?

...For the rest of this story, click on the following link:

[http://www.marshallgoldsmithlibrary.com/cim/articles\\_display.php?aid=672](http://www.marshallgoldsmithlibrary.com/cim/articles_display.php?aid=672)

## Why Traditional Goal Setting Doesn't Work



What's the deal with traditional goal setting?

If you have a \$100,000,000 in the bank, drive new Lexus, look like a movie star and have a perfect health save yourself some time and do not read this article. This article is for people, who don't have all these things, but are planning on changing that slight inconvenience.

So how do you change it?

Every January millions and millions of people decide to start better and healthier life. We plan to change so many things and set so many goals. "I will exercise at least three times a week", "I will spend more time with my family", "I will find a better job", "I will stop smoking" the list goes on and on.

Now if you know anything about traditional goal setting, you'll know that the first thing you have to do is to write down your goals on a piece of paper. Then you have to decide step-by-step how you are going to achieve those goals and form a plan of action as detailed as possible. All you have to do just follow the plan.

...For the rest of the story, click on the following link:

<http://www.achieve-goal-setting-success.com/traditional-goal-setting.html>

# Setting Business Objectives as Part of Your Business Plan - Some Simple Steps



We all know that nothing runs without a plan, and a plan cannot run without having its objectives set.

That applies to any kind of plan, whether we're talking business or personal finances, university degrees or NGO programs, website promotion or weight loss.

Setting objectives and milestones is of crucial importance for any planning activity and is the core of its success, or failure. Knowing how to set objectives is not exactly rocket science in terms of complexity, but any strategist should know the basic rules of how to formulate and propose objectives. We will see in this article why objectives play such a major role within a company's planning and strategic activities, how they influence all business processes, and we will review some guidelines of setting objectives.

...For the rest of the story, click on the following link:

[http://www.routes-to-self-improvement.com/Rules\\_Setting\\_Business\\_Goals\\_Objectives.htm](http://www.routes-to-self-improvement.com/Rules_Setting_Business_Goals_Objectives.htm)

# Tips to Get Motivated and Overcome Procrastination



To overcome procrastination is a complicated behaviour that affects all people to some degree. Some experience only small problems with procrastination while with others, it is a major source of anxiety and stress. Lack of motivation and procrastination is related to time management. Procrastinators often fail to complete tasks even though they know what the task is and the time they have to do it.

Why do people procrastinate? Often a difficult task is avoided in favour of the less difficult. Tasks that take longer amounts of time are less desirable than those that can be completed quickly. People sometimes procrastinate due to fear of failure. No one wants to be embarrassed by a lack of knowledge or skills when beginning a new task. Overcoming the fear of failure and developing good work habits will do wonders for those who tend to procrastinate.

...For the rest of the story, click on the following link:

<http://www.achieve-goal-setting-success.com/overcome-procrastination.html>

## About Kison

Kison is a professional development firm specializing in providing you with customized services to fit your unique needs and requirements. Led by Ralph Kison, the firm focuses on growing people and maximizing organizational potential. We offer online training on myKISON, customized workshops and seminars, and one-on-one coaching.

If you have found the KISON weekly news tip of value, please share it with your friends and colleagues. Or if you would like to learn more about this or another topic, please let us know. We value your input - our passion is to help you grow!

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