

## Set goals to win in 2010

Written by Marcia Humphrey • Style on a Dime  
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# Goals



Recently while going through an old stack of papers, I came across a piece of paper whose heading read *Humphrey Family Goals 2006*. As I looked over the list, a feeling of pride rose up inside of me. Basically all of the goals had been met. The next feeling was one of disappointment for two reasons: First, I don't think we wrote down our family goals for 2009. Secondly, I know there is at least one important goal leftover from 2008 (probably earlier than that) that remains unachieved.

Are you expecting to get off to a good start in 2010? I am too and my plan to achieve that goal starts with a pen and paper. That's right, I am writing down my goals, so that I can actually remember what I am aiming for and what steps I will take to get there. What I am not doing, however, is calling them New Year's resolutions. At least in my mind, there is something about a resolution that screams, "Break me!" so I will instead refer to these goals as just that-GOALS. Let's get started!

### **Organization Goals**

The key to getting and staying organized is making lists and checking them twice. Whether you are making goals for the year or goals for the week, write them down, and place the most important one at the top of the list. If you want to make longer range goals, break them down in manageable parts. For instance, if your goal is to organize and purge your closet, start with the goal of spending 15 minutes each night sorting into labeled boxes; giveaway, throwaway, and clean or mend. Keep these boxes nearby so you can pick up where you left off the next day. Need help getting started? Check out [www.flylady.net](http://www.flylady.net). Consider visiting this free, helpful, and humorous site if you live in CHAOS (Can't Have Anyone Over Syndrome)!

### **Financial Goals**

Start off 2010 by recording current expenses and compare it against your income. Are you spending more than you make or do you have enough to start (or buildup) that emergency fund? For practical advice on budget matters, visit [www.daveramsey.com](http://www.daveramsey.com). If you need extra income, you might consider a part-time job or at-home work. Companies hire work-from-home customer service agents, [www.vipdesk.com](http://www.vipdesk.com), mystery shoppers, transcribers, [www.productiontranscripts.com](http://www.productiontranscripts.com), and more. (Do thorough research and never pay any fees to those claiming to have at-home job leads.)

### **Fitness Goals**

How do you envision your life ten or twenty years from now? Do you see yourself living an active, healthy life or a life plagued with diabetes, high blood pressure, or high cholesterol? Take control of your health and your life by writing down a plan for success. Don't overwhelm yourself; start with small goals. Do some type of activity each week; walking, dancing,

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shoveling snow, etc. and cut back on fried, greasy foods. A great tool to help you get moving on your journey toward physical well-being can be found at Dr. Ian Smith's website [www.50millionpounds.com](http://www.50millionpounds.com) .

There are several benefits to putting your personal goals on paper: you are able to feel the satisfaction and self-confidence in successfully accomplishing a task; you are able to steer your life in a positive direction toward your long-range plans, and you are able to enjoy peace of mind in knowing that you have created more order in your life and in the life of your family. Goal setting doesn't have to be executed with perfection, but it does require dedication-especially when inevitable missteps occur. Consider your goals, write down your plan, make it clear, and then make it a reality; for your sake and for the sake of your family. Enjoy!

Marcia Humphrey is an interior decorator and home stager who specializes in achieving high style at low costs. A native of Michigan, she and her husband, Lonnie, have three children.