



Point-to-Path Coaching Bi-weekly Ezine!

Provided by Milista Anderson, Business and Life Coach
Point-to-Path Coaching
6206 Wigton
Houston, Texas 77096
713.271.1171
www.pointtopath.com

This week's topic: **Less is More in 2004** (Vol 8-011204)

Want to know how to improve your life through goals that don't require you to diet or spend a lot of money? If yes, read on...

By now, you've heard a lot about goal setting for the new year. News snip-its, articles and talk-show gurus talk about how the goal should be specific, measurable, time-boxed and backed up with action plans. All true!

We humans put ourselves under constant scrutiny and make endless lists of ways to improve - lose weight, save money, get organized, etc.

My suggestion for you this year is that **Less is More**. Avoid overwhelming yourself with too many goals. Pick 1 or 2 goals and do them extraordinarily well. Furthermore, choose goals that promote kindness. For example...

- Make extra efforts to remember names of people you meet for the first time
- Send thank you notes for gifts you receive and for being invited to parties
- Reach out to friends and family members you haven't seen in awhile. Send a note just to say hello.
- Say an extra word of thanks to people who service your needs everyday and every week - mail carrier, dry cleaner, Starbucks barista, guard at the desk of your building, etc. And don't forget your family and friends. They need kindness, too!

Think of 1 or 2 ways to just be kind. Work on those this year until they're simply a part of you and require no effort to think about. You'll get back what you give.

Happy New Year!