

Planning For The Year Ahead

The start of a new year is always a great opportunity for two opposite activities: reflection and action. It's natural to think back, celebrate the successes but perhaps also nurse a few regrets about what you didn't get done. At the same time, many of us make resolutions, often tough to keep no matter how well meaning, about how this New Year will be different. Be they personal goals like going to the gym, or professional ones like finding a new job, they tend to get ignored when the crush of daily life leaves little room for new activities or pursuits.

But there are smarter ways to set goals and accomplish them - both in terms of self reflection and in finding ways to set targets you can actually achieve. It's time to ask ourselves: who do we want to be next year, personally and professionally? And what structures do we need to put into place to make that happen?

In this interactive conversation we'll discuss how to use the best of current thinking about setting – and achieving – your goals. Topics will include how to think about the year in segments versus as a whole; the importance of metrics in goal setting; how to distinguish between a major goal and subservient ones; and why to-do lists might be a really bad idea.

Thought questions for you to chew over before our session:

- Take a few moments to reflect on 2016. What went really well? What do you feel good about having accomplished? What do you wish you had accomplished but didn't get to?
- What's the one thing you could accomplish in the first half of the year that would make a difference? Pick one thing professional that's an accomplishment and one thing personal that's a new habit.
- Why did you pick those? Which ones did you consider and reject?
- Select two or three activities for the professional goal that will help keep you on track to achieve it.
- Are there any metrics that you can add so you can measure your progress?
- Other than a to-do list how do you track your time to make sure that you spend it productively?
- What tips and techniques have you used that you can share with others?