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hear about reaching your goals is both obvious and useless—we all know we're supposed to do things like "Stay Positive!"

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like "Stay Positive!"

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Succeed: How We Can Reach Our Goals by Heidi Grant Halvorson. As Executive Coaches, we're always working with our clients on goal

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fulfillment. Whether that's a goal of increasing your leadership or presentation skills, doubling the sales in your department, or getting your next promotion, our clients are looking to bridge the gap between where they are and where they want to be.

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your life, identifying your passions, interests, and values will help you set goals and give your life a sense of meaning.

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She is the Associate Director of the***

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Motivation Science Center at the Columbia Business School, and author of the best-selling books: Succeed: How We Can All Reach Our Goals, Nine Things Successful People Do Differently, Focus: Use Different Ways of Seeing The World for Success and

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Succeed: How We Can Reach Our Goals focuses on goals: how we set them, how we reach them, and why we fail. This book is an extension of social psychologist Heidi Grant Halvorson's popular Harvard Business Review blog post: Nine Things Successful People Do

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Differently. The things people do to succeed are: 1. Be specific 2.

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Heidi Grant Halvorson is one of the world's leading researchers on goal setting. Her book Succeed: How We Can Reach Our Goals (Hudson Street, 2010) delivers on its subtitle by mixing theory with practical, scientifically grounded advice. It's one of those great

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books that makes me wish I had 60 pages instead of two to share all the goodness.

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goals to pursue that will be good for our overall well being, should meet our basic needs for relatedness, competence, and autonomy.

Abstract vs. Concrete : We have a tendency to think about our behaviour, in an abstract terms by thinking about why we are doing it.

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abstract terms, describing the why of my behaviour, because big-picture and long-term give me a sense of purpose.

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We'd like to believe that this year will be different and we'll be more committed and persevere through

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