

Clarke Counseling Center

Monthly Newsletter

JANUARY 2011



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Coming Events

Monthly Adult AD/HD Support Group, rescheduled to begin Thursday, February 3rd. 7:00 - 8:30 PM, at 13827 Bronco Place, Germantown, MD 20874

Many AD/HD topics will be discussed, and every 90 minute session will include time for Questions and Answers, as well as an opportunity to converse with other AD/HD Adults.

Cost:

\$50 at the door
\$45 in advance, or
pay for 4 sessions up front
and pay only \$175 (save \$25)

To reserve your seat, call or [e-mail](mailto:Sherry@ClarkeCounseling.com) Sherry Clarke at 301-515-1321.

Quick Links

[Clarke Counseling Ctr. Sherry's Coaching Is . . . About Your Coach](#)

[Relationship Coaching for Singles](#)
[Free E-Program Signup](#)
[Relationship Resources](#)

[AD/HD Life Coaching](#)

Greetings!

With the beginning of a new year, many of us have begun to work on our resolutions. Some have made great progress on those goals, but some have drifted away from those commitments already. This issue of my newsletter focuses on goal setting.

As a life coach, I have helped many people achieve what they really want in life. There are proven tools and techniques to help you accomplish your heart's desires. I can help you make 2011 a "landmark" year in your life!



My areas of expertise are:

- [Life Coaching](#)
- [Adult AD/HD](#)
- [Marriage and Family Therapy](#)

Sincerely,

Sherry Clarke MA, LCMFT

Be "SMART" About Goal Setting



You came through all the holiday hoopla and even managed to set a few New Year's resolutions. But now you're starting to see your commitment level wavering. What can you do? First, examine your resolutions to see if they fit the "SMART" pattern for successful goal-setting. What is "SMART" goal setting? Consider the following:

S - SPECIFIC. Was your goal specific enough? Maybe your resolution said simply, "I want to lose a lot of weight." Those who are successful in losing weight usually start with a specific goal - the number of pounds they needed to drop. The same is true of other goals. If you want to increase your exercise, be specific about the type and duration of that exercise ("I will do 30 minutes of aerobic exercise five days per week and 30 minutes of weights three days per week.") You may even want to define "aerobic" exercise, and set up a specific weight lifting plan.

M - MEASURABLE. Unless a goal is measurable, you'll never know when you've reached it. Being able to measure your progress allows you to make behavior corrections on your way to accomplishing your goal. You may have set a goal to "be more social" in the new year, but is that a measurable goal? To make it more measurable, break it down into discreet, measurable behaviors - "I will attend a lecture series once each week and invite a friend once each month."

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A - ATTAINABLE. Did you set a goal that is a slight stretch for you? If you did, you're on the right track. Goals that sound reasonable when you're in the emotional, optimistic environment of a goal-setting session may seem unreasonable when you're hungry and rummaging through your refrigerator for something to eat. Can you really lose 30 pounds in one month? If you've made unattainable resolutions, don't throw them away! Adjust them to a more reasonable level.

R - REALISTIC. Sometimes, timing is the most important variable when setting goals. Look at what is happening in your life. While you're working full-time and going to school full-time, is it really the time to become the chairman of a civic organization? Being real about your goals means recognizing your strengths, limitations and resources.

T - TIMELY. Goals need to have a time limit or they are not really goals. To say, "I will learn Chinese" is neither specific nor timely. You would have more success saying, "I will master tape #1 of my 'Learning Chinese' program by March 31."

We often become too attached to our goals to be objective about them. Share your goals with a friend and have him or her help you determine if they are "SMART" goals. By being "SMART" about your goal setting, you will see the changes you want to see in your personal and professional life.

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Counselor's Corner

Goal Setting: How To Keep Going!

This month's article dovetails on the SMART goal article. It is one

thing to set goals, but why and how do you keep going. Recently I was interviewed by an online magazine, as a Life Coach, on how to stay motivated and not get stuck or quit. Several ideas are: set SMART goals (above), enlist a buddy, have short and long term goals (chunk it down!) and give yourself rewards along the way. Lastly, hire a coach, like myself, to help you stay motivated, accountable and on track. Give me a call if you want to explore that option!



Janice Kapp Perry

Goethe is quoted: "Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness... Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now!"

A well-known songwriter, Janice Kapp Perry, has put her ideas about setting and reaching goals to music:

Livin' My Dream

Do you have a dream, a wish deep inside you-
An outrageous scheme-then until you have tried
You will never quite know just how far you can go

In livin' your dream.
I had a dream, I think it's worth saying,
I wanted to sing with an orchestra playing!
A very bold choice for my average voice,
But this was my dream.

Chorus:

So I hired some strings and some woodwinds and things
And a few shiny brass, just to give it some class.
I decided to hire a fine back-up choir-
Paid them all that I could to make me sound good!
Then I wrote down a song,
Something simple but strong,
Hired someone to lead who could help me succeed,
And I'm livin' my dream.
If you have a dream, don't hide or deny it
Just bravely decide to stand up and try it!
You may be surprised, after twenty-five tries
You'll be livin' your dream.
I used to just dream, but now I am older.
I risk a few things, I feel a bit bolder.
If I want to try something pie-in-the-sky,
I'll follow that dream.

(Repeat chorus)

And someday, don't laugh, I may even aspire
To sing with the Mormon Tabernacle Choir!
This was my dream, just one of those things
I knew I must try, though I couldn't say why.
So I gave it my best, now I'll have no regrets-
I'm livin' my dream. (JKP , 1999)

She continues: "Few persons set out deliberately to miss the wonder and richness of living, but it is treacherously easy to do it. A postponement here, a side stepping there, a hesitant retreat-and a life may diminish behind a wall of negatives: No, I can't; I won't; it can never happen-and the rhetoric goes on in people's minds, cheating them of opportunities to grow and to find joy..."

Life is a journey-a process of singing our songs-of finding out who we are and what we may become. We're all born to unspecified possibilities, and the more we risk, the more we discover about ourselves...

Watch for the right time and season, show gratitude for your gifts by magnifying and using them with pure intentions with an eye single to the glory of God and He will bless your efforts." (Janice Kapp Perry)

Like the attitude of the famous children's book "The Little Train That Could", let your mantra be: "I Think I Can, I Think I Can, I Think I Can." And you WILL!

Until next month, *Happy Goal-Setting AND Completing!!* Give me a call, if you want your own cheerleader, motivator and coach to make that happen! 301-515-1321

Warmly,

Sherry

Interesting Quotes About Habits

"The chains of habit are generally too small to be felt until they are too strong to be broken." - Samuel Johnson

"A habit is something you can do without thinking - which is why most of us have so many of them." - Frank A. Clark



"Motivation is what gets you started. Habit is what keeps you going." - Jim Ryun

"The second half of a man's life is made up of nothing but the habits he has acquired during the first half." - Feodor Dostoevski

"Habits are at first cobwebs, then cables." - Spanish Proverb

"The hard must become habit. The habit must become easy. The easy must become beautiful." - Doug Henning

"The easier it is to do, the harder it is to change." - Eng's Principle

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