

Nine secrets to help you achieve your New Year's resolutions

By Bill Deuse

It's that time of year where many people list New Year's Resolutions. Most people list a whole host of New Year's Resolutions with high hopes and aspirations to get them done in the coming year. Yet, studies have shown that the average person abandons his or her resolutions within 6 weeks. The feelings of failure and disappointment resulting from not completing your resolutions do not have to occur. In fact, if you follow the following 9 steps, you will not only feel better about yourself, but you will reap the personal rewards of actually accomplishing your New Year's Resolutions this year.

1. Turn your Resolutions into future goals. Set positive goals that require future accomplishments, as opposed to referring to the past or being negative. For example: set the goal of reaching a weight of 158 pounds, as opposed to I will stop gaining weight. Another example would be: set the goal of getting your ideal income position, as opposed to: I will stop complaining about my job.

2. Set goals that have an unmistakable target. You want your goals to be clearly defined so you will know exactly when they have been accomplished. Avoid open ended or vague goals. For example: set the goal of being free from smoking for 100 consecutive days, as opposed to I will stop smoking.

3. Set goals that mean the most to YOU. Make your goals very personal and very valuable to you when achieved. Set goals that have the highest personal priority to you. Avoid setting goals to please others or because you feel you should. Goals set to appease others are really tasks and are best left off your resolutions list.

4. Commit yourself to achieving your goals. If you are not committed to achieving a goal, drop it. If a goal is not worthy of your full commitment, it is not worth the bother. Dropping a goal because you are not committed is not a failure or a reason to be disappointed. It is a very practical and responsible thing to do. You will release more energy and time to accomplish the more important goals you ARE committed to.

5. Separate your goals into two groups. A. Group A includes goals that require you to improve and grow as a person to achieve them. Some examples would be: Improve as a leader to direct your team to a 75% growth, or Discover and get your ideal income position where you "Go to Play" every day, or Organize your life to attend all of your sons baseball games.

B. Group B includes goals that do not require you to improve or grow as a person to achieve them. These are goals that are external to your personal growth, but can still be important. Some examples would be: Complete your tax returns by March 30, or build a personal web site by

August 15, or have the house painted by September 3.

6. Connect with someone you trust to accomplish Group A Goals. Growing and improving, as a person is not a self-help process. You will need assistance from another person to achieve your goals in Group A. But not just any person will do. Get the best assistance you can find by connecting with a partner who will care enough about you to be objective, who you trust enough to reveal your struggles to find positive solutions, and who respects you enough to consistently keep you accountable to assist you to accomplish your goals in Group A. By having such a strong partnership, you will be virtually assured of achieving these goals.

7. Consider (very strongly) in getting expert help to accomplish the goals in Group B. Since you are not required to change or improve as a person to accomplish the goals in Group B, you may want to have experts accomplish them for you, and probably do it better than you would. Remember it is the completion of the goals in Group B that counts, not that YOU have to personally accomplish them. If one of your goals is to paint the house, you might consider hiring an expert house painter to paint the house for you, so you can focus on your goals that need your personal involvement (like those in Group A).

8. Personally celebrate the achievement of each goal. Rejoice with someone who cares about you and who understands the importance of each goal. Do so immediately when the goal has been completed. Your goals mean a lot to you and you want to maximize the rewards and feelings of accomplishment when each are completed. For example, celebrate 60 smoke free days by treating yourself to a fine meal with someone who understands what it meant to you; celebrate the painting of your house with a house party, even though it was done by your expert house painter.

9. Feel free to add new goals to your list. You will want to adjust the goals you have to meet new circumstances. Why wait until the beginning of each year to plan and achieve your most important achievements? Make goal settings and achievements a year round successful and enjoyable process.

This year, have fun with your New Year's Resolutions and enjoy the rewards of actually achieving them. Provided as an educational service by Bill Deuse of The Coach Connection, where "connecting great people with great coaches" is their goal. You may receive a free copy of the article "The Ten Paths to Human Improvement" by contacting The Coach Connection at 800-887-7214 or 239-415-1777, or coaches@findyourcoach.com, or www.findyourcoach.com/00-careers-coach.htm.



At the November 20th meeting of the Lions Club district vice-governor Clodine Thacker, at right, welcomes district governor Jack Conie, left, of Richmond and the Lions Club International, to his first visit to Mt. Vernon since the took office as governor. Also at this meeting he presented a very prestigious award to president David DeBoard, below, the 100% Presidency Pin. He was nominated by Thacker and other Lions Club members for the award. DeBoard would like to thank all the members who were involved in nominating him for this award. "It has been a special and honorable time of my life to be able to help our kids and our community in every way possible. I have more ideas in trying to serve our community. With your help and support we will be able to follow through because our motto is 'we serve'." DeBoard said.



Holiday season deadliest for impaired driving fatalities

With more people expected to travel on America's highways during this extended holiday season, this week could be one of the deadliest periods ever for impaired driving fatalities. To protect Kentucky families during this holiday period, the Kentucky State Police will support efforts to protect citizens from impaired drivers.

Motorist will see an increase in the presence of traffic checkpoints throughout the holiday period in an attempt to keep the intoxicated driver off the highway. These checkpoints are utilized to enforce laws relating to the operation of a motor vehicle while under the influence of intoxicants, licensing of drivers, registration of motor vehicles, and motor vehicle equipment safety. Other violation of suspected violations of state law observed at the checkpoint will be investigated and enforced. The determination of where and when a traffic checkpoint will be held will bear a relationship to a public safety

or traffic-violation problem, which has been experienced or is anticipated in a particular location. Traffic checkpoints will be established on roadways with clear visibility in all directions of travel.

There will be no warnings! Our message is simple - You Drink and Drive. You Lose. Violators can lose their licenses, time from their jobs, and lose money in high fines and court costs as well as possibly face imprisonment for repeat offenses, assault and vehicular manslaughter. Refuse a blood alcohol concentration test and you can face more severe penalties. You'll be spending your money on bail and towing fees instead of holiday gifts.

After a decade of gradual success, fatalities in alcohol-related crashes have not significantly improved nationally in the last three years. The National Highway Traffic Safety Administration (NHTSA) estimates that alcohol-related fatalities rose slightly

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Holiday Season not a time of joy for some

There are millions of people in America that aren't exactly looking forward to the Holiday Season. These are people that have an addiction to drugs or alcohol.

Drug and alcohol addiction affects everyone in one way or another, whether as an addict, a friend or family member, or an everyday citizen that is charged with carrying some of the burden through tax dollars. Without a doubt addiction is the world's number one health problem, and is the underlying cause for many other societal ills, including accidents, diseases, abuse and other criminal activity.

Guilt is a major component in the life cycle of addiction. Most addicts are basically good people before they become addicts and have some sense of right and wrong with no intention of hurting others. As they become dependent on the chemical, they begin experiencing situations where they are doing and saying things they know deep down aren't right. They begin to lose their ability to control themselves. They become trapped in a vicious circle of using drugs, lying about it, stealing to support more drug use and at each turn the addict is accumulating memories of each these negative incidents.

The addict commits a negative action and he records a memory of that moment, which includes whomever he was involved with at the time. The addict knows these negative actions are wrong and so feels bad about them after the fact. These memories of guilt can get triggered in the present or future when he sees the people and places that were involved when the transgressions were committed in and feels bad about it.

In time these transgressions are committed more and more often and the people in the addict's life where these transgressions have occurred become "triggers" of the dishonest act or deed. The people, family members, loved ones and friend's appear-

ance to the addict triggers the guilt. Family or friends don't necessarily have to say a word to the addict; just the sight of them can trigger the guilt. To avoid these unpleasant guilt feelings, the addict will use more drugs to insulate himself from the guilt. Addicts will also begin to withdraw more and more from friends and family as the transgressions committed increase in number. They will eventually pull away from the family, exclude themselves and/or become antagonistic towards those they love.

This is a scene that is far too often played out during the Holiday Season, which is when families often reunite. The display of negative emotions and the guilt from the past transgressions typically drives addicts to use drugs heavily during or directly after time spent with family, attempting to chase away the guilt.

According to Luke Catton, President of Narconon Arrowhead, "We see a substantial increase in number of people reaching for help this time of year and during the immediate weeks after the Holidays. We have experienced counselors, many of whom have overcome an addiction themselves, that can now effectively help others do the same."

As the coming weeks unfold, we will look at many of the factors of substance abuse and how this time of year has an impact, and visa versa. Narconon Arrowhead is one of the nation's largest and most successful residential drug and alcohol rehabilitation centers and uses the drug-free social education methodology developed by American author and humanitarian L. Ron Hubbard, achieving a success rate many times higher than the national average.

To get help for a loved one battling the dwindling spiral of drug or alcohol addiction, contact Narconon Arrowhead today. Log on to www.stopaddiction.com or call 1-800-468-6933. Drug addiction can be overcome.

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