Achieving Your Goals

Need some help following through with your New Year’s resolutions, or personal or work goals you’ve set for yourself? Let LifeWorks help. Contact us any time, 24/7, to connect with a professional consultant who can help you focus on your goals and make a plan of action to reach them.

Also go online to:

- listen to a new podcast, Achieving Your Goals, featuring expert advice from Harvard Business School professor Teresa Amabile. She shares simple tips that could make all the difference in helping you reach your goals and maximize your potential.
- read articles such as Setting SMART Goals, Setting SMART Goals for Health, and Setting Financial Goals as a Couple.
- join our monthly web discussion, Goal Setting for Success at Work, on January 28th at 1pm.

The start of the year is also the perfect time to sign up for our popular monthly newsletters. If you’re not already a subscriber, register here.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit www.lifeworks.com
(username: temple; password: eap).