



**inConfidence**

## January feature – Achieving Your Goals

Need some tips to help you follow through with your New Year's resolutions? Or maybe you're looking for guidance on how to set achievable, yet challenging and inspiring, personal or work goals. Start the year off right...**inConfidence** can help you get on the right track!

Contact **inConfidence** any time, 24/7, to connect with a professional consultant who can help you focus on your goals and create a plan of action to reach them. Or, log in any time to [www.myinconfidence.ca](http://www.myinconfidence.ca) 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.
- Listen to other motivational audio recordings, including: [Motivating for Change](#), and [Get Moving!](#)
- Read articles: [Setting SMART Goals](#), [Setting SMART Goals for Health](#), [Setting Financial Goals as a Couple](#), [Setting Life Priorities: Figuring Out What is Important to You](#), [Creating a Family Bucket List](#).

Download our **FREE** mobile app for iPhone, Android, and Blackberry. Search for "LifeWorks" in your app store.

**Call inConfidence toll-free, any time: 1-877-418-2181**

**TTY: 1-877-371-9978**

You can also visit [www.myinconfidence.ca](http://www.myinconfidence.ca)  
(username: NLMA; password: inconfidence).

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