



AFS Central Ohio Chapter

January 25, 2005

To all Chapter Members and Friends:

Goal Setting ...

It happens around the beginning of every New Year. You read about it, you hear about it and your friends ask you about it. It's practically become a ritual. "Have you made your list of goals for the New Year?"

Why is it that goal setting is wildly popular at the beginning of the new year but come February the subject is almost forgotten? Is there something we are missing about this topic? Is there something more to it than just popular myth? How does this business of goal setting actually work?

In the introduction to "Write it Down, Make It Happen", Henriette Klauser tells of how she became inspired to write her book. One day her twelve-year-old son Peter came to her with a perplexed expression on his face and a piece of paper in his hand. "Mom, - he said - I found this list from two years ago when I was cleaning my room. I don't know how, but everything on this list came true, and I forgot I wrote it."

Among other things, Peter had taken karate lessons, tried out for a play, slept overnight at the park, and gotten a bird - all without being conscious of checking off items on the forgotten list. This was but one of the incidents that led Henriette to become more involved and study the subject of goals in detail and her work makes for fascinating reading.

Being an engineer and having spent lots of time in a problem solving mode, I was taught and learned from early on that defining the problem clearly, was half the solution. When we know what we are looking for, when we know what it should look like or what it should be, we automatically zero in on the end result. We focus, we concentrate, we perform and we are successful. Energize your goal by seeing yourself as having, being or doing the desired outcome and the rest will take care of itself.

This business of positioning, defining and focusing, however, is not only for the beginning of a new year but works every day, 365 days a year. I've become less rigid in my thinking about goal setting as years have passed and I've had more experience at motivating myself and observing how different successful people motivate themselves differently. The "rules" most commonly taught about how all goals must be written down on paper in exact detail, then broken down into bit sized mini-goals are very useful to many people - especially those just starting out, but are not necessarily the only right way to go about it.

However, some process for setting, clarifying and achieving goals is important, for two chief reasons:

One, you can't make good decisions without well defined goals. In the absence of goals, the mind and the body waste away, and

Two, goals provide life force. The absence of goals hastens death.

Is there such a thing as a right goal or a wrong goal? A lot of people choose the wrong goal to start with. It's easy to do when you see what other people do or have and you want it too. Your feelings about something never betray you. If it feels good it's good for you. If you have doubts about it, it probably isn't the right thing for you. The right goal really is magnetic. You're being pulled toward it. If you

have to fight and struggle and force yourself to climb up a rocky mountain to get to a goal, it may very well mean you've picked the wrong goal. Achievement shouldn't be brutally weakening. In simple terms, if the energy is wrong, the goal is wrong.

It's sometimes easier to first define what you don't want instead of what you do want. I think it's a useful goal development exercise to make a list of all the things you absolutely, positively are unwilling to have in your life. And then use this list of "NO's" to govern decisions about opportunities you will say yes or no to.

And what better way to practice goal setting and experience it's manifestation than with a quick little real life exercise right now. It's easy since all you have to do is say "Yes, I'll be there!"

Having planned and prepared for several months now, it's the goal of your Chapter's organizing committee for the upcoming Winter Party to also make it your goal to have every chapter member attend this event and bring their sweetheart for a gala evening of dining and entertainment. It's going to be on Saturday evening, February 12, 2005 at the Radisson Hotel in Worthington, Ohio and the theme is

**"MELTING HEARTS - A FOUNDRYMAN'S VALENTINE and
AFS SCHOLARSHIP FUNDRAISER DINNER DANCE".**

I was asked to keep it a secret but it would be totally unfair of me not to let you take a peek under the covers and see what the surprises might be. I heard that besides the Valentine's theme party decorations and the music for dancing, and of course the sumptuous dinner selections and drinks, there is a rumor about fancy door prizes, a comedian, reverse lotto games, surprises for the ladies and what is called a "**not-so-newlywed**" game.

I just wonder what that's all about?

All the details don't fit on this page but just hop on over to our website at

<http://www.afscentralohio.org>

and find out all about the Who, When, Where and What. If you want to have a good time it's up to you to have a good time. There's only a few days left to get the tickets, so make reservations now and be there.

Go for it!



Chris Doerschlag, P.E.
Director
AFS Central Ohio Chapter

PS: Order your tickets from Jerry Waddle before the reservation deadline. Just send him the completed coupon on the bottom of the program page which you can print out at the Chapter's website over at <http://www.afscentralohio.org>

PPS: You should know that a portion of the proceeds will go toward our efforts for the scholarship fund to help out college students studying for a career in the Metalcasting Industry.

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