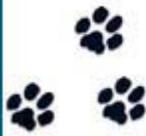


## Leadership, Dogs, and Twitter



from Dr. Mary Kelly at Productive Leaders  
Keynote Speaking and Business Training



### Productive Leaders

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### Life Resolutions: Creating and Setting Life Goals



What do you want to be when you grow up? What are you going to do to change the world? How are you pushing other people forward? What does success look like to you?

These are not New Year's resolutions; these are life resolutions. Sometimes we resign ourselves to the unhappy conclusion that those childhood aspirations may not come true. How sad. Let's revisit our life goals and reframe them in a way that delineates how we are going to achieve them.

**Step 1 – Refine and Write Down Your Goals.** You already know that writing your goals down increases the likelihood of achieving them, yet few people actually take that step. In *Now... Build a Great Business*, Mark Thompson and Brian Tracy reiterate the importance of writing down goals and using the three-P formula. They suggest that when you design your goals you record them in the Present tense (write as though you already accomplished it), make the goals Positive (not "I will quit smoking" but rather "I am a nonsmoker"), and make them Personal by using the word "I" ("I eat healthy food," "I keep my desk organized," or "I raise money for the homeless").

### Just Because...

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### Mary's Book of the Month



#### **Multipliers: How the Best Leaders Make Everyone Smarter**

by Liz Wiseman with Greg McKeown

Many of my bosses made me better. This book shows how they did it. According to Wiseman and McKeown, there are two types of leaders: those who are the smartest people in the room, and those who make others feel as though they are the smartest people in the room. The real genius is leveraging the talent in others while motivating them to be better thinkers, managers, and leaders. "Multipliers" are leaders who multiply the talent of those around them. Multipliers extract the best ideas from others by creating an atmosphere of genius, provoking innovation, collaborative effort, and a sense of collective intelligence. How do you become a multiplier?

1. Seed the opportunity.
2. Lay down a challenge.
3. Generate a belief.

Wiseman and McKeown show leaders how to create a cohesive team of idea-makers.

### Twitter and Social Media

Linking to your Tweets. Many people have a LinkedIn page and a Twitter account. Are they connected? If not, here is how to add your Twitter account to your LinkedIn profile. Click on "edit profile" and then on "add Twitter account" next to the Twitter field. This creates a link directly to your Twitter account on your LinkedIn profile. Now your LinkedIn connections can see your Tweets.

[To see what Mary is saying on Twitter,](#)

To this I might also add that the goals should be both measurable and specific. "I eat two fresh vegetables every day" or "I exercise for five minutes every morning." On a large scale, "I generate income for an orphanage in Bali on a yearly basis" or "I put a clean water well in Central Africa in 2011."

Thompson and Tracy also remind us that once you have your goals list written down, your subconscious and superconscious minds start working on achieving them. This is why it is so important to write them down.

**Step 2 – See Success.** Don't let other people's limitations constrain your possibilities. When many people set goals, they limit themselves by resources, obstacles, and objections. Many times these negative perspectives come from other people. They believe the opinions of others telling them that they cannot achieve their goals. ("You cannot bring clean water to Central Africa.") Then they quit before they even try.

Some of the saddest words ever heard are "I wish I had..." or "I could have..." Well, what is stopping you? Are these YOUR obstacles or other people's displaced misgivings projected onto you? As Yoda said, "There is no try. There is only *do*." My fabulous friend Loretta Milo ([www.LorettaMilo.com](http://www.LorettaMilo.com)) reminds her coaching clients to eliminate the word "try" from their vocabulary. *Trying isn't doing*. "Trying" is attempting, not succeeding.

To succeed, you need to start. That means *doing*. If you stop before you start, then you never even get the chance to achieve goals. Launch, jump, leap into your goals with complete confidence that you will achieve them. There are always going to be naysayers and dream-killers. Don't give their pessimism any power over you.

**Step 3 – One Step at a Time.** Every goal is achieved by a series of steps working toward a target. To take that dream vacation, you start by doing research, reserving dates,



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#### Dog Tales



**Dogs, cats, and family planning:** Please spay and neuter! Especially stray cats and your own animals. I recently tried to get some abandoned kittens spayed and neutered. Having witnessed firsthand what happens when feral cat populations get out of control, I know it is important; however, some states make it more difficult than others. There are simply not enough low-cost AND low-hassle options available. For example: Hawaii had a free program. Maryland had a low-cost certificate. Colorado wants income eligibility (these are strays, so no one owns them, and if I trap them, they are considered mine, so I started to understand why there is an increasingly exponential problem).

Twenty phone calls to local shelters yielded overworked staffs who allow their answering machines to screen the Crazy About Animals People from the Persistently Crazy About Animals People.

After several days and many frustrating phone calls, I gave up. (I fell into the former category, I guess.) I am just paying a clinic to spay and neuter the stray cats I know I can catch. Please let me know how it works in your area, and let's take care of our stray animal population.

Thank You for Reading



Please feel free to [contact me](#). I'd love to hear from you!

Mary C. Kelly

booking tickets, and planning the desired excursions. The trip unfolds one day at a time and one step at time.

Take your goals and break them down into manageable steps. Then take those steps and break them down into smaller, more easily achieved baby steps.

For many people, the problem is knowing where to take those first steps. If you don't know, get help. Find a coach or a consultant. Create a Wisdom Circle or find a Board of Advisors to help you. No one says you have to save the world by yourself.

Life resolutions happen when you make the decision to take action. The action occurs after examining your life and your opportunities, and resolving to make the most of the talents you have, the skills you developed, and the dreams that you choose.

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