

Monthly Newsletter

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Opening Statement: Goal seeking can be very energizing.

Feature Article: In the January/February newsletter I wrote: "I would like to concentrate the newsletters this year on adding in energizers to *increase our happiness*." In March/April newsletter I discussed the importance of clearing your life of things, attitudes, activities, etc. you no longer need to make room for more energizers.

With that accomplished, you can now set new goals in place. "When man is functioning as a goal-striver he tends to feel fairly happy regardless of circumstances..." With his imagination he can formulate a variety of goals...the brain and nervous system constitute a marvelous and complex 'goal-striving mechanism' a sort of built-in automatic guidance system which works *for* you as a 'success mechanism,' or *against* you as a 'failure mechanism' depending on how 'YOU' the operator, operate it and the goals you set for it.

Creative striving for a goal that is important to you as a result of your own deep-felt needs, aspirations and talents brings happiness as well as success because you will be functioning as you were meant to function. Man is by nature a goal-striving being. And because man is 'built that way' he is not happy unless he is functioning as he was made to function—as a goal-striving individual." M. Maltz, Psychocybernetics

What goals are you currently striving towards?

Are these energizing for you?

Are they complimentary of each other?

Are they manageable?

What goals could you add in that would energize you? Travel plans? New ways to add value to your career? Entertainment ideas? New groups, new friends? New experiences? Helping someone else?

It is always energizing to have something each day to look forward to for *that* day.

Quotations and Thoughts:

"Having a goal is a state of happiness." E. J. Bartek

"To seek one's goals and to drive toward it, steeling one's heart, is most uplifting!" Henrik Ibsen

"There is one thing which gives radiance to everything. It is the idea of something around the corner." G.K. Chesterton

"Strong lives are motivated by dynamic purposes..." Kenneth Hildebrand

Remember:
Happy is the person who is striving towards a worthwhile goal!

Dedicated to the Promotion of
Positive Mental Health

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