

# You Can Have a Happy New Year Without Goals!



It's time for New Year's Resolutions and goal setting. If you were counting on the excuse that the World is ending and why bother, that's no longer an option.

Since life appears not to be ending anytime soon, **here you are again faced with the decision about which goals** you want to achieve in the coming year.

If you're goal driven and goal successful in your life, we're happy for you. But take note, the tide is turning and **the non-goal setters may actually have an edge.**

If you count yourselves among the goal setting procrastinators, the 90 day limited goal achievers, or the guilt ridden failures because you've violated the core rule of success by failing to write down your goals, the **good news** is that you can **free yourself from goal setting tyranny and still achieve success.**

If you want some solid authority to dish out as you buck the system, may I suggest the Harvard Business School. After reviewing "goal" achievement research, they concluded in their report **"Goals Gone Wild"** (yes, that's what they called it) there are **negative side effects to goal setting.** Whether you're a business, an entrepreneur or someone with good intentions, **there's another way to achieve what you want** without hitting the wall of goal failure.

Read for yourself as **Peter Bregman** recounts what's wrong with the goal approach and offers a simple alternative for easier and less stressful success.

<http://tinyurl.com/cyotclw>

or

[http://blogs.hbr.org/bregman/2012/12/consider-not-setting-goals-in.html?referral=00563&cm\\_mmc=email\\_-\\_newsletter\\_-\\_daily\\_alert\\_-\\_alert\\_date&utm\\_source=newsletter\\_daily\\_alert&utm\\_medium=email&utm\\_campaign=alert\\_date](http://blogs.hbr.org/bregman/2012/12/consider-not-setting-goals-in.html?referral=00563&cm_mmc=email_-_newsletter_-_daily_alert_-_alert_date&utm_source=newsletter_daily_alert&utm_medium=email&utm_campaign=alert_date)

**What do you think? Are you up for going goal less and following Bregman's advice?**