

7 Steps to Successful New Year's Resolutions

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Did you know that by mid-January most people have already failed with their New Year resolutions? Avoid letting this to happen to you (again) by using the following steps.

Make and write down your plan and resolution in detail. Use SMART goals: Specific, Measurable, Achievable, Realistic, and Time Bound. Break your goals into manageable pieces and take at least one small action step everyday.

Attitude. Eliminate negative thoughts. Develop a winning attitude. Your thoughts, your beliefs, and your attitude will determine your success. If you think you can't, you won't. *If you think you can, you will.*

Support. Get support from your family and associates. There is strength in numbers. That's why we network, hire employees, accountants, attorneys, business advisors, and coaches.

Time management. Efficiently use your time. Eliminate distractions and procrastination. Prioritize, delegate, and regulate your routine and schedule.

Envision your success. Whatever you want to achieve: see it, feel it, and most importantly, *own it.*

Resilience. Be flexible and bounce back from set backs. Recognize obstacles as opportunities for success.

You. Take responsibility for your life. Focus on achieving your goals. Become the person you're truly meant to be. Turn over a new leaf to a whole new you! You are on your way to successfully mastering your resolutions.

Denise Lewis is in private practice as a personal life coach and is a Certified Lifestyle and Weight Management Specialist, Certified Nutrition Specialist, Certified Living Well Tobacco Free Facilitator, and member of the Small Business Council. Reach her at deniselewis@newyoucoaching.com, 845.227.3190.

Chamber Upcoming Events

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JANUARY

- 16 Ribbon cutting at the Law Offices of Karen Crott Palumbo. 380 Main Street, Beacon; celebrate from 4–8PM; ribbon cutting at 5PM; light refreshments
- 20 Member Success Development Program. Greater Southern Dutchess Chamber of Commerce, 2582 South Avenue, Wappingers Falls; 7:30AM–9:30AM; free
- 23 Joint ribbon cutting with Precision Eye and Laser, PC, and Precision Dental, PC. 1399 Route 52, Fishkill; open house from 4–7PM; ribbon cutting at 5PM; light refreshments; all are welcome

FEBRUARY

- 4 Dinner meeting featuring County Executive William Steinhaus. Holiday Inn, Fishkill; 6:15PM cocktails and dinner; follows at 7PM; \$28 per member, \$35 per nonmember; pre-registration is required
Sponsored by Sedore & Co.
 - 24 Networking Roundtables. Holiday Inn, Fishkill; 7AM–9:30AM; \$15 per member, \$25 per nonmember; pre-registration is required
- TBA**Business Break. Details to be announced.
Sponsored by Money Mailer of Dutchess County

(Exploring Careers Continued from Cover.)

fields of media and arts, financial services, engineering and technology, public service, hospitality, retail, education, and health.

Although young people gained oodles of information about the type of education and



During the financial services session, Maureen Cairl from Hudson Valley Federal Credit Union (seated) stressed the importance of first impressions on job interviews. Denise Austin, HSBC Bank, added that having personal finances in order is imperative when pursuing a career in the financial industry.

skills they need to succeed, Career Day also provided businesses with the chance to play an active role in shaping the future work force. Many have found this day to be an excellent way to recruit skilled employees.

Thank you to everyone who made the 2003 Career Day a huge success, particularly the following Greater Southern Dutchess Chamber of Commerce members: Academic Solutions; The Art Institute at Mill Street Loft; The Chazen Companies; Dutchess County Community Action Agency; Dutchess County Tourism; Gap, Inc.; Hampton Inn; Holiday Inn; HSBC Bank; Hudson Valley Federal Credit Union; Inn at Osborne Hill; A. Paul Varanouskas, Architect; and Vassar Brothers Hospital.

For more information, log on to www.gsdcc.org.