



Message from the President

Cynthia McCrary

Pick Bite-Size Goals That Are Actually Achievable

How are your New Year's resolutions going? Did you give up on the ones you set by the end of January, or did you continue working on setting goals differently than you have in the past? Coming out of a time that was difficult for each of us, I proposed we try a different way of setting resolutions – cutting them into manageable sizes while focusing on our true motivation for setting these goals. I would like you to consider, at this time, picking bite-size goals that are achievable.

For New Year's resolutions to work, avoid pie-in-the-sky wishes and focus instead on goals that are doable and easily measurable. Resolving to get healthier or spending less, for example, might be too vague. If you set these giant, nonspecific, unattainable goal, what motivation are you going to have to ever try again if you fail?

If you want to get stronger but have not exercised in years, do not aim to start working out three days a week for an hour at a time. If you have not joined an investment club or began to learn about purchasing quality growth stocks for generational worth, do not aim to be a millionaire in six months.

Instead, whittle your expectations and start by working out once a week for just half an hour or less. Join an investment club that meets monthly and present educational opportunities to help you become astute in growing a manageable portfolio. If you can do this consistently for a couple of months, each small success can help propel you towards bigger ones.

Start small; pick some small goal that you almost know you are going to accomplish. Your brain gets a win and that win releases all these positive neurochemicals. Guess what? And then we want to do it again.

Plan to join me again next quarter; I would like to share with you how to make a plan, not a resolution, if you want to make more money. In the meantime, visit an investment club as a small goal to set up a win for your brain.

Thank you for reading, I hope it helps

Cynthia McCrary

