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# 21 MEN

MARCH 2016

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# Are you ready to ignite the next generation of you?

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## **Deb Wilber, MBA**


Coach · Author · Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

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 [deb@reallifespark.com](mailto:deb@reallifespark.com)

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Deb Wilber, MBA

# In Spring, Plant Smart Seeds

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Imagine your year as four seasons of transformation. You may have spent your winter reflecting upon your goals and the direction for your year. As we approach Spring, it's time to take action and plant seeds to see results during the summer growth season. If you are going to plant seeds, plant SMART ones!

SMART is an acronym for a type of goal and it stands for Specific, Measurable, Action-based, Realistic and Time-bound. When a goal is created in the SMART style, it is thought out and actionable. SMART goals typically bring results. You are in good company if you create very general goals and never get around to acting upon them.

As an example, if you have a weight loss goal, instead of saying, "I want to lose weight," you could create a SMART goal that says, "I will lose 10 pounds in 90 days by exercising three times a week and follow a sensible eating plan." Specific? Yes, 10 pounds in 90 days. Measurable? Yes, 10 pounds, 90 days, three times a week. Action-based? Yes, exercise and eating plan. Realistic? Yes, 10 pounds in 90 days is realistic for most people. Time-bound? Yes, 90 days.

SMART goals have more structure and you can easily break them down into smaller, manageable steps. While the example above is a weight loss example, the SMART style works for personal goals (lose weight, quit smoking, exercise more), professional goals (increase income, spend less time in the office, achieve promotion) and business goals (implement new system, increase ROI, reduce costs). SMART forces you to define the goal and the steps.

Transformation requires action and we can be easily discouraged if we don't see results. By creating SMART goals with specific action steps and completing the steps one at a time, you feel a sense of accomplishment, your confidence increases and you take the next step. This cycle repeats and before you know it, you have reached your goal and transformation occurs.

The cycle of transformation continues with this positive momentum. Think about setting goals for each season, so they only last 90 days. A shorter time frame allows you the opportunity to evaluate the goal and your progress. If warranted, you can set a new SMART goal for the next season, or 90 days.

As you pursue your next goal and think about your next dream, you transform your life into your best life. I love this quote from C.S. Lewis "You are never too old to set another goal or to dream a new dream."

Dream big for your 2016 seasons of transformation!

*Deb Wilber is a coach, author, speaker and owner of Real Life Spark™. She created Real Life Spark™ as she believes intuition sparks changes that are transformative. As a coach, Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams.*

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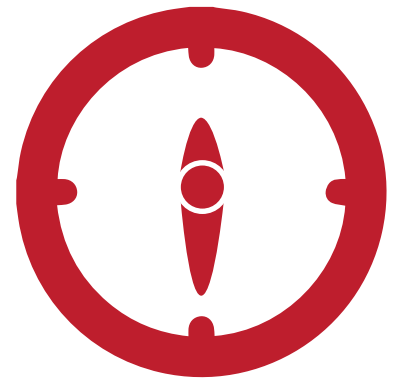
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