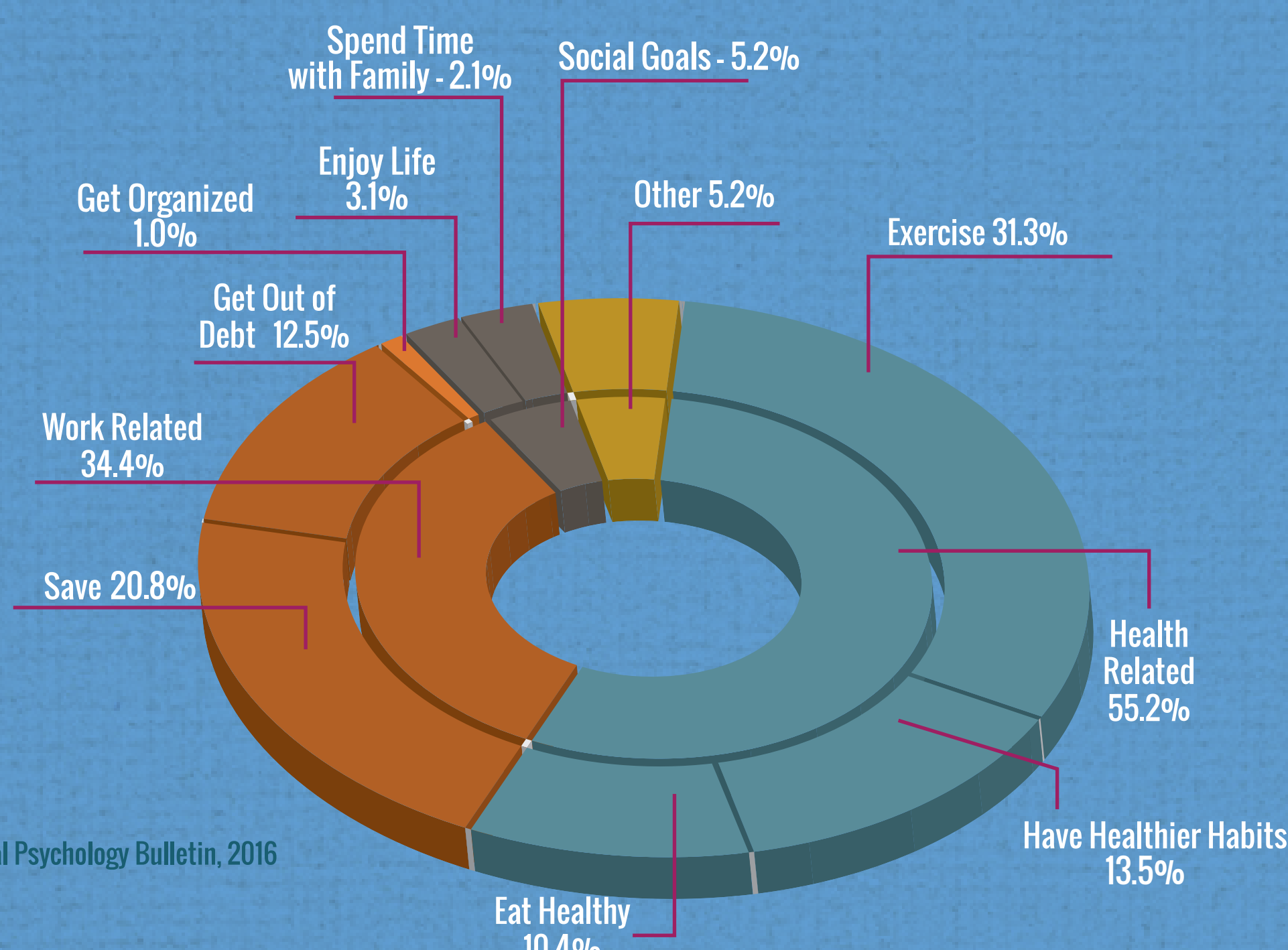


The Secret to Achieve Your 2018 Career Goals

We feel obliged to list our New Year's resolutions when we say hello to a new chapter in our lives—personal or professional. Since there are piles of write-ups to guide you in achieving your personal health and fitness goals, this article will zoom in on planning and fulfilling your new year career goals.



Personality and Social Psychology Bulletin, 2016

Best New Year's Resolutions for a Better Career in 2018

Make 2018 your most productive employment year with this set of new year goals compiled by the experts of Fast Company & Inc.



1. Lessen your workload.

Try to balance your work and personal life by lessening your workload and taking time to recharge.



2. Set goal limitations.

Learn to prioritize. Accomplish goals one at a time so you can always provide the best value for the company.



3. Get a part-time job.

People with extra income or side business are not afraid to take risks and voice out their opinions because they are less worried about losing their jobs.



4. Know your true career goals.

If you want to ensure you're moving in the right direction, think about the "specific next steps" first, then strategize on how to get there.

Reasons That Keep You from Achieving Your New Year Goals

"Research shows that 80% of people give up on their New Years resolution by the 2nd week of February!" ~ Tony Robbins

1 You want it all A.S.A.P.

Don't try to do it all at once. Better to take small, steady steps. It'll take you closer to your goals without even noticing.

2 You don't have the time.

Goals would be useless if you don't have the time to make them happen. Learn how to wisely manage your time to get things done.

3 You fear failure.

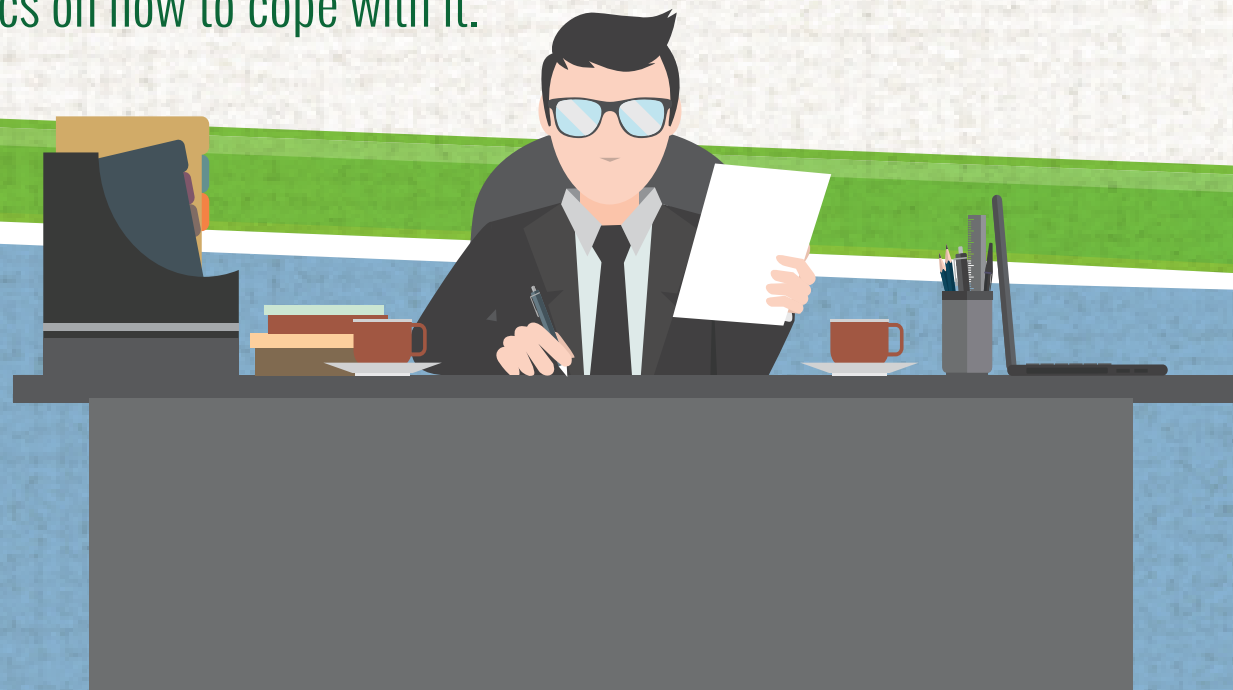
Failures are part of life. So don't get scared or embarrassed. Instead, use them as stepping stones to achieve your goals.

4 You have too many excuses.

Don't let excuses hinder you from achieving your goals. If things are inevitable, learn how to accept it and devise tactics on how to cope with it.

5 You give up too fast.

"Nothing worth having comes easy". Find ways on how to overcome challenges and failures instead of giving up easily.



Source: cnbc.com | faculty.chicagobooth.edu | lifehack.org | fastcompany.com | stunningmotivation.com | goalcast.com | thuffingtonpost.com



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