

GOALS AND HABITS...

# HOW TO BECOME THE BEST VERSION OF YOU.



Tony Parr, Partner  
The Parr McKnight Wealth  
Management Group

*Success is peace of mind  
which is a direct result  
of self-satisfaction in  
knowing you did your  
best to become the  
best you are capable of  
becoming.*

— John Wooden

The end of January is about the time that all those New Year's resolutions start to fade for many people. Every year, Christine and I are very intentional about setting goals and developing better habits in the following areas:

1. Business and Career
2. Growth (Spiritual, Personal and Intellectual)
3. Financial and Wealth
4. Giving: Time, Treasure and Talent
5. Family and Friends
6. Leisure, Fun and Fitness
7. Immediate Goals (next 90 days)

We use a "Goal Board" which is a cardboard, trifold, project display board and put our specific goals on colorful post it notes under the areas above so that we can make adjustments throughout the year. It sits in our home office so we see it EVERY DAY.

If you'd like our help in turning your thoughts and intentions into action, just email [tony@pmwmg.com](mailto:tony@pmwmg.com), type "Success," in the subject line and I'll send you:

- **My one page Goal Setting Template**
- **John Wooden's inspirational "Success Pyramid"**
- **Links to the three best goal setting articles I've ever read**

*Here's to making 2020 the best year of your life!*

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WEALTH MANAGEMENT GROUP

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