

Improve Your Marriage With Goal Setting

by Jean MacKenzie

When I started my own counselling practice I had to learn the importance of having clearly defined marketing goals before I was able to get my business off the ground. I floundered around for quite some time before hiring Juliet Austin (www.julietAustin.com), a marketing coach for healing professionals. One of the first things Juliet did was help me clearly define what I wanted to achieve.

Once I figured out what my aim was Juliet helped me to keep my goals ever present in my mind so that I was always working towards their fulfillment and not led astray by distractions. The result was that I achieved more than I ever imagined I could, I now have a successful private practice, and in order to continue in that success I will continue setting goals.

However, goal setting is not only important for success in business. Goal setting is the key to progress for all great achievers. Exceptional athletes had to set fitness goals before becoming Olympians. Those who attained great wealth had to set financial goals before becoming rich. The most successful singers, actors, writers, and painters all had to set and strive for goals before making it big.

Even spiritual masters set goals to achieve great levels of holiness. You see, one has to know what goal one is striving for in order to choose the best means to achieving that end. If one doesn't have a goal in mind then that person is wandering aimlessly.

Setting goals focuses a person's attention on a particular area to the exclusion of other distracting thoughts and activities and gives a person a touchstone on which to base decisions. Each choice can be weighed against whether or not it contributes to or detracts from the achievement of one's purpose. Some choices, such as deciding which pair of shoes to wear one day or the next, may not affect one's goals a whole lot. However, if one has set a financial goal of saving \$1000 dollars this year, that may affect his or her decision to buy a new pair of shoes.

So, what does all this have to do with your marriage or intimate relationship? While many people have set goals for them self in one or more areas of their life, not many people stop to reflect on what they are trying to achieve in their marriage. For some reason we tend to think that if we are well matched then our relationship will be successful. However, it is more likely that such "well matched" people based their marriage on some sense of purpose, whether they realized it or not. When you think about the effect goal setting has on the success of other endeavours it makes sense that some well thought out marital goals will contribute to your success as a couple.

In order to set marital goals you must first figure out what your goals are as individuals. Make sure some of your goals are ones that you can continue to work on throughout your life. It may help to think about how you want people to remember you at the end of your life. Do you want to be remembered as a kind person? Do you want to be know as someone who had a good sense of humour? Once you have set individual goals you can set marital goals that include supporting each other in achieving your individual goals.

Once you have come up with one or two shared goals each of you should write them down, place them somewhere where you will see them often, and review them frequently. Let these goals shape your relationship. Decide what steps you have to take to reach your goals and enjoy your newfound sense of purpose together.

Note: If you are interested in finding out more about Juliet Austin's work you can go to Juliet's website

at www.julietaustin.com and subscribe to her free newsletter, Enlightened Marketing, and get a Free, 22 Page Report: "67 Surefire Ways to Attract Clients."

About Jean

Jean is a marriage and couples counsellor whose approach in working with couples involves the development of techniques for solving current problems and achieving unending growth in relationships. Jean strives to assist couples of various backgrounds in learning to solve their own challenges because a couple that knows how to problem solve can keep their love—and their marriage—alive forever.

Jean also offers Catholic counselling to couples wishing to incorporate the Catholic faith into the counselling process, helping couples to develop a relationship pleasing to each other and God. Jean has a Master of Arts in Counselling from the Franciscan University of Steubenville and has trained in marriage and family therapy.

So, if you think that your relationship could use a little help-- or even a lot of help,--give Jean a call today and take that important first step in turning your marriage into a "happily ever after" story.

Where do you start?

Look no further.

1. **Go to www.jeanmackenzie.com and sign up for my free newsletter "Happily Ever After: A Guide to Healthy Relationships," filled with helpful tips on how to nurture your relationship.** You will also receive the free report, "**10 Tips for Resolving Anger in Your Relationship.**"
2. **Call today for a free, no obligation, 20 minute phone consultation.** We will discuss your problems and together decide how I might be able to help you. I look forward to hearing from you.

Jean sees clients in her office in Fredericton, NB and offers telephone and online counselling. She can be reached at:

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