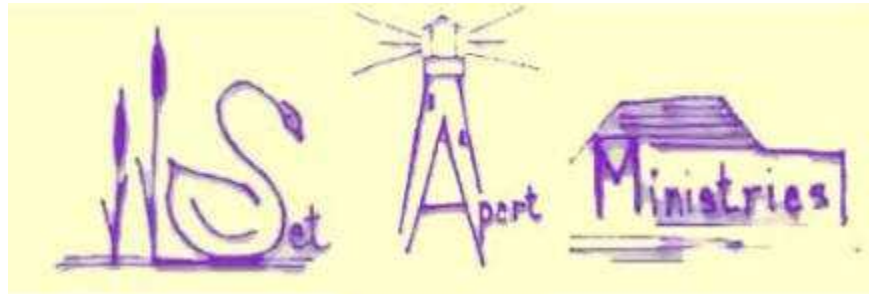


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Conquering Life's Mountains Together!

Personal Life Coaching

November 20, 2005

Greetings

If you've been reading our newsletters, perhaps you see some changes you'd like to make in your life. Where to begin?! Today, we'll give you some hints for goal setting.

Not that I have already obtained it, or have already become perfect, but I press on in order that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead. I press on toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:12-14)

Barbara Klika and Marilyn Guffey, Personal Life Coaches

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S.M.A.R.T.

Planning will help us move toward the goals we want to achieve. Here are some tips for goal setting:

- **Value-Based Goals.**

First, consider what you believe to be priorities in your life. If your goals do not fit in with your beliefs, your lifestyle or what you really value in life, you will end up stuck and unable to move ahead.

- **Create a plan to move toward your goals.**

Write out a step-by-step plan. No one can accomplish big things all at once! Break down your goal into smaller pieces with a reasonable time allowed to accomplish each piece.

- **Accountability.**

Who will help you to achieve your goals, cheer you on when you make steps forward, or hold you accountable when you fail to take the necessary steps?



BE S.M.A.R.T

S = Specific Goals

M = Measurable Goals

A = Attainable/Action-oriented Goals

R = Realistic Goals

T = Time-lined Goals

These ideas will help you break down your goals into manageable, realistic steps. Once you succeed in one area, you will be encouraged to continue on to the next step!

Keeping Your Joy Full! New Introductory Tele-Class

Marilyn Guffey will be offering a FREE Introductory Telephone conference call on Monday, December 12 at 7:00 p.m. CST. This class is based on the principles of the *Life Model: Living from the Heart Jesus Gave You by The Shepherd's House*.

Because of struggles or abuse throughout life, people may have gaps in their maturing process that interfere with their productivity and relationships. This isn't their fault and the good news is--they're not stuck either!

Do you find yourself just "blowing up" for no reason, find it hard to confront people or to "fit in" groups? Do you have constant struggles in your relationships or have you ever heard "Awww, just GROW UP!" ? This group may have some answers for you.

Some of the topics covered:

- How brain function plays a part in maturing and healing
- How Joy plays an important role in maturity
- The Stages of Maturity, the important tasks of each stage and the problems that result from uncompleted tasks
- Love Bonds vs. Fear Bonds
- What people can do to help one another to mature

This will be an introductory group. The only cost to you is a long-distance phone call. If you choose, you may go on to a 10-week class which will be offered at the cost of \$20 per hour class, two times per month or \$40 per month. This class is confidential. It will be conducted on a first name basis.

We'd Love to Hear From You!



Email us at info@setapartmingb.org with any suggestions, feedback, or questions you would like to ask. We are looking forward to having teleconferences on a variety of subjects that people would like to discuss. Barb has an extensive mental health background and both Marilyn and Barb have been involved in extensive Bible study and

discipleship. So let us know what you'd like to see provided. Teleconferences are done as a group. When you register, we will provide you with the telephone number and pin number to be included in the call. When using a long distance phone card, the long distance charge can be as low as \$1.80 for an hour. It's fun and it's great to meet and talk with people from all over the U.S.

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GO

About Us

Barbara L. Klika, MSW, LCSW, Personal Life Coach is a licensed mental health professional and founder of Set Apart Ministries, Inc., who is trained to help people learn new skills and make significant behavior changes. She is a trained Bible Study teacher and has been mentoring people in their spiritual growth for many years. She has completed Life Coaching training through Mentor Coach, Inc. She is here to offer her skills in the areas of faith development, communication, problem-solving, and behavior change.

Marilyn T. Guffey, lay counselor, Personal Life Coach, worked in a church setting for ten years before joining Set Apart Ministries, Inc. in January 2003. She has received instruction through a variety of Christian lay counseling courses as well as working alongside pastors and professional mental health therapists. She has also completed Life Coaching training through Mentor Coach Inc. Marilyn has worked extensively supporting women --spiritually, emotionally and practically--through encouragement and prayer.

In Coaching, you come for help to make decisions and then implement them, in order to achieve goals that you have chosen for yourself. May we come alongside and encourage you along the way?

FREE Initial Consultation!



Call us today at 866-634-0291 for a free consultation to help you get started on your personal action plan. Barb and Marilyn are available to help you move forward in your life!

[Learn More](#)

email: info@setapartmingb.org
phone: 920-432-5002

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