



Welcome to
the January issue
of
[Think.Act.Talk.](#)

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*Make your
Voice Count!*

*Win a
\$25 iTunes
gift card*

by sharing your thoughts
in our online Survey!

We're looking for your
input on the games team
play...

Align in '09 ...



As our cultural traditions go, January seems to be a time when we commit to doing things in our lives differently in a positive way - be it with our finances, relationships, physical well-being and/or careers.

As we are evaluating the changes we plan to make in 2009 it is important to internalize the core reason we are choosing to make changes, ensuring that they are changes we want to make for ourselves. The changes should be realistic, realizable and obtainable, so that when we decide upon them, we are able to do so with the utmost commitment.

Engaging in this daily exercise will keep you committed and focused on your goal(s) and bring you closer to success!

Helanie Scott

ACTION YOUR GOALS!

While setting goals may seem challenging in itself, the bigger challenge comes in actioning those goals to make them realizable. Your first *Think.Act.Talk.* Tool for the year comes in three easy steps.

1. Be positive! Instead of just 'hoping' your goal will be realized, think about it, imagine it, visualize it and BELIEVE it!
2. Action it! Everyday, fill in the blanks to the following four statements: [Click here](#), to print your own Action Card!

Participate

NEW!

The Align4Profit Blog or
as we like to call it...

A4P Blog

Come join us!

*Allow me to share
my recent trip to
South Africa -
see my photos!*

As we all build and
grow our network in
2009, I encourage you
to forward our
newsletter to a friend.
You'll find the link to do
so at the bottom of this
newsletter. Continue
your commitment to
growth!

Look for our
NEW
A4P Website!
Arriving Soon

1. *The goal I am going to focus on today is _____.*
 2. *Today I will achieve far more towards this goal by _____.*
 3. *While I would normally allow _____ to stand in my way of taking this action, I commit that I will not let _____ stand in my way today.*
 4. *To remind myself, my reason for seeking this goal is _____.*
3. Partner with a friend/peer to be your accountability partner. Evidence shows that peer pressure is the number one contributor to implementing and sustaining behavioral change.

So, whatever the scope of your 2009 goals, know that the team at Align4Profit is here to both encourage you and support you. Check out how we can help align your 2009 business objectives 4 Profit - and ultimately start **Working Better Together!** Doing so will positively impact your **BOTTOM-LINE**, helping you exceed those 2009 goals. It is our hope that you have the best year ever! **ACTION IT!**

Visit us on the web at www.align4profit.com

PLEDGE

WOW! In keeping Tuesday's message alive, listen and STORE this PLEDGE.....be part of the SOLUTION!

I'm sure most of you have been tuned in to the inauguration of President Barack Obama. Even though I am not a particularly political person, this new administration is very exciting for me because of the invitation to service that is being extended to us all.

On the Oprah show on Monday, Oprah interviewed Ashton Kutcher and Demi Moore about the Pledge to America video they have produced. I URGE you to watch the Pledge video.....and make the pledge make a difference... for us all to Profit

Listen up: <http://www.youtube.com/watch?v=51kAw4OTIA0>

Aligning to Your Goals

Aligning goals is simply positioning your own personal goals/contributions to that of a larger goal, whether it is at home, work or some other organization. In aligning goals, you

help contribute to success.

There are a number of analogies one can consider in painting a picture of alignment. Sports teams do it, rock bands do it, corporate teams, sales teams and construction teams. Often it is one's perceptions and understanding about their contribution that helps create alignment. Like the third man in this story.....



Imagine you are out taking a walk on a Saturday afternoon, thinking about your 2009 goals. You round the corner close to the park and you notice a construction team nearby. You decide to take a look and notice a number of construction workers busy on the site.

As you are looking around at this small house, under construction, you ask the first construction worker what he is doing. In a very disgruntled way, he says, "I'm mixing mortar for ten hours today, while you're enjoying your Saturday." You walk away, get to the other side of the house and notice another worker who appears to be a bit more friendly, and you ask the same question. This second man says, "I'm cutting these brick so those guys over there can put them on the house. The work is ok, but I'll be glad when my work day ends."

You nod, admire the construction and notice a third worker who is very busy working, smiling and humming all the while. You approach him and inquire about his work. He raises from his knees, takes a step back to inspect his work, turns to you, smiles and says, "I'm humbly building a home for a needy family with five children who are currently homeless."

In aligning your goals for 2009, be sure to ask yourself if you are clear about how your contributions are significant to the bigger picture. If you aren't, ask, and if you are, take pride in all that you do!