



LERN-Livingston Employer Resource Network

Newsletter

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New Year's Goal Setting: What are Your Dreams?

With the New Year approaching, it's the perfect time to think about the personal and professional dreams you have, and set goals to make them happen.

What are your dreams? Do you want to improve your skills or gain education to work in a higher position? Buy a house or car? Improve your credit score? Save a certain amount for emergency savings? Lose weight?



Setting your goals:

◆ **SPECIFIC:** A specific goal has a greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions: Who, What, Where, When, Which (requirements) and Why.



◆ **MEASUREABLE:** Establish concrete criteria for measuring progress toward the attainment of each goal you set. How will you know when it is accomplished?

◆ **ATTAINABLE:** When you identify goals you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing overlooked opportunities to bring yourself closer to the achievement of your goals. See yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

RELEVANT: A goal must represent an objective toward which you are both *willing* and *able* to work.

Your goal is probably realistic if you truly *believe* that it can be accomplished.

TIME-BOUND: With no time frame tied to it there's no sense of urgency to your goal. Anchor it within a timeframe to set your mind into motion.

Success Coach assistance. "As your ERN Success Coach, I'm here to help you set your goals, and accomplish the steps necessary to achieve those goals," said *Success Coach Danita Jackson (Greater Detroit ERN)*. "In the past months, I have scheduled home purchase workshops for employees at several member companies who have taken the steps to re-establishing

Livingston Employer Resource Network

Our goal...
Creating access and resources for employee success at work and in life. We partner with employees who work for:

Member Companies

- ◆ GKI Foods
- ◆ Lake Trust Credit Union
- ◆ Novares
- ◆ TG Fluid Systems
- ◆ Thai Summit
- ◆ Work Skills Corporation

Strategic Partners

- ◆ Lake Trust Credit Union
- ◆ Livingston County DHHS
- ◆ MEDC Community Ventures
- ◆ Michigan ERN
- ◆ Michigan Works! Southeast
- ◆ OLHSA

their credit with the community resources that I have provided. They are now well on their way to unlocking the door of their first home! Remember, perseverance and patience are essential to staying consistent when working towards goals." See your Success Coach about your own goals today!
Sources: *Michigan ERN; TopAchievement.com*

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GKI Foods

7926 Lochlin Dr, Brighton

- ◆ Monday: 8:00AM-11:30AM (1st/3rd)
- ◆ Monday: 12:00PM-4:00PM (2nd/4th)

Lake Trust Credit Union

4605 S. Old US 23 Brighton

- ◆ Monday: 8:00AM-11:30AM (2nd/4th)
- ◆ Monday: 12:00PM-4:00PM (1st/3rd)

Novares

1301 McPherson Park Dr, Howell

- ◆ Thursday: 6:00AM-10:15AM (2nd/4th)
- ◆ Thursday: 11:00AM-3:30PM (1st/3rd)

TG Fluid Systems

100 Brighton Interior Dr, Brighton,

- ◆ Tuesday: 6:00AM-10:15AM (1st/3rd)
- ◆ Tuesday: 12:45PM-4:30PM (2nd/4th)

Thai Summit

1480 McPherson Park Dr, Howell

- ◆ Thursday: 6:00AM-10:15AM (1st/3rd)
- ◆ Thursday: 11:00AM-3:30PM (2nd/4th)

Work Skills Corporation

100 Summit St, Brighton

- ◆ Tuesday: 8:00AM-12:00PM (2nd/4th)
- ◆ Tuesday: 11:00AM-3:30PM (1st/3rd)

1st/3rd & 2nd/4th = week of the month

Walk-in Welcome

Call, email or text for appointments.
Off-site meeting locations available.
Request additional times if needed.



Philosopher's Square

"Success is a state of mind. If you want success, start thinking of yourself as a success."

~ Joyce Brothers

Avoid Work Loss: Auto Winterizing & Saving

Have you missed work due to a dead battery or other vehicle failure? *Success Coach Chris Way (Lakeshore ERN)* says that, "Winter brings more requests for repair services from employees due to the additional impact the cold temps, snow and ice, and longer hours of darkness." Follow these tips:

Replace dirty filters. This includes air, fuel, and PCV.

Add a bottle of fuel deicer in your gas tank once a month. Keeping the gas tank filled also helps prevent moisture from forming.

Change your oil and oil filter. This will protect your engine.

The cooling system should be flushed and refilled as specified.

A 50/50 mix of antifreeze and water is usually recommended.

The heater and defroster should be in good working condition.

This ensures driver visibility.

Replace old blades. Fill windshield washer solvent and have a scraper.

Check your battery. Check fluid levels monthly.

Inspect lights. Replace bad bulbs.

Check for exhaust fumes. Leaks can be identified while on a lift.

Inspect tires. Check tread and pressure; rotate as recommended; and have a good spare and jack.

Check brakes. Routine checks and can prevent costly repairs.

Check transmission. Routine checks and fluid changes can prevent costly repairs.

Carry an emergency kit. Include extra gloves, boots and blankets; flares; shovel and kitty litter; tire chains; flashlight and extra batteries; cell phone and charger; water and "high-energy" snacks.

Sources: National Institute for Automotive Service Excellence; Michigan ERN

Why Failure is Good for Success: Don't Give up!

The sweetest victory is the one that's most difficult. Society doesn't reward defeat, and you won't find many failures in history books. Exceptions are those failures that become steppingstones to success.

Failure can be a step to success. It took Thomas Edison 1,000 tries to develop a successful light bulb. "How did it feel to fail 1,000 times?" a reporter asked. "I didn't fail 1,000 times," said Edison. "The light bulb was an invention with 1,000 steps."

Failure is life's greatest teacher. Often people choose to play it safe, repeating the same safe choices. They operate under the belief that if they make no waves, no one will yell at them for failing because they generally never attempt anything great at which they could fail (or succeed).

Take some risks. When the rewards of success are great, embracing possible failure is key to taking on a variety of challenges. Whether you're reinventing yourself or allowing yourself to trust another person to build a deeper relationship, "to achieve any worthy goal, you must take risks," says writer and speaker John C. Maxwell.

Reaching your potential. This New Year, set your mind to overcoming a specific challenge or reaching your full potential. In order to achieve your personal best, you can't fear failure.

Think big and push yourself. *Success Coach Tonya Rak (MidMichigan ERN)* says, "It's easy to quit when you think you have failed. It takes courage to push through your perceived failure. Often times the success is in continuing to persevere."

Sources: Success.com; Michigan ERN