



Realty Executives Esteemed Properties
 Broker/Owner
 701 Washington St.
 Newton, MA 02458
 617-620-6948
 857-255-0400

Marie Presti & The Presti Realty Group
 MBA, CRS, ABR, SRES, GREEN, LMC, CNE



Presti@EsteemedPropertiesInc.com
 www.PrestiRealtyGroup.com



The Benefits of Goal Setting

If the thought of setting goals makes you say, "Bah! Humbug!" you may want to change your tune. Setting achievable, measurable goals helps you:

- **Find your focus.** Every day we're bombarded with opportunities, choices, decisions, etc. Goals help you focus on what you want so that you can filter out everything else that will throw you off course.
- **Take action.** Once you write down your goal and create a plan, you're more motivated to put it into action. Reviewing your goals regularly will help you reconnect with your motivation so that you can stay on track to achieve success.
- **Deal better with setbacks.** When you have a specific goal, you're more likely to see a setback as a challenge to overcome rather than an unachievable or impossible obstacle. You'll keep moving forward and get back on track.
- **Feel a sense of accomplishment.** The surge of energy that you feel when you complete your goal is unlike anything in the world. All of the hard work and sacrifices you made along the way will make your success much sweeter. Achieving your goals boosts confidence in yourself and your abilities and may make you happier.



The Presti Realty Group's Best Referrals

Since we are so active in the industry, we come across some great referrals from time to time, like the ones here. While we cannot guarantee the quality of the work, product or service that the referral provides, we believe they will meet or exceed your expectations. Please qualify each provider before using their service. Let him/her know we referred you and he/she will take extra special care of you. If you need other resources not listed here, please give us a call or send us an email.

Business Directory

Ameriprise Financial/Gage & Wilson

450 Lexington Street Suite 202
 Auburndale, MA 02466
 (617) 500-4225 x116
 Paul A. Romano, MBA, CLTC
 paul.a.romano@ampf.com

Fairway Independent Mortgage Corporation

60 Wells Avenue Suite 101
 Newton, MA 02459
 781-719-4664
 Justin Tulman
 http://www.fairwayne.com
 justint@fairwaymc.com

All Together Now - Professional Organizer

12 Randolph Street
 Newton, MA 02461
 617-244-7782
 Judy Hersh
 www.judyhershorganizer.com

SBR- Small Business Results

Newton, MA 02461
 617-201-7224
 Shelly Berman Rubera
 http://www.smallbusresults.com
 shelly@smallbusresults.com

Abrams Little-Gill Loberfeld PC

1330 Boylston Street
 Chestnut Hill, MA 02467
 617-738-5200 x240
 Deborah Dunne Rogers
 www.all-cpas.com
 drogers@all-cpas.com

Clean 52

45 Stony Brae Road
 Newton, MA 02461
 617-969-3642
 David W. Plouffe
 Clean52@verizon.net

Commonwealth Financial Group

101 Federal Street, Suite 800
 Boston, MA 02110
 617-526-9314
 Stephen J. Ross, Partner
 sross@financialguide.com

Michael J. Fazio, Jr. Attorney-at-Law

6 Bruce Street
 Burlington, MA 01803
 781-273-0885
 Michael J. Fazio
 MFazioEsq@verizon.net

RCG Consulting

125 Westchester Road
 Newton, MA 02458
 617-244-5678
 Andy Willinger
 rcgconsulting@gmail.com

Achieve Your Goals in 2015!



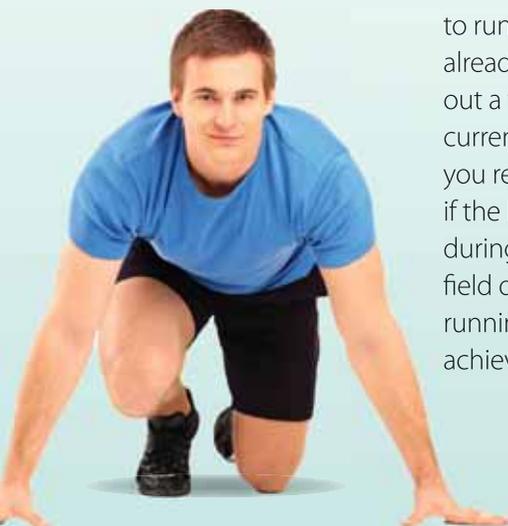
Make 2015 the year that your dreams come true! Setting realistic, measurable goals will help you achieve what you've always wanted. Not sure how to start? Here are some tips to set achievable goals.

Think big. What is one thing that would improve your life dramatically? Whether it pertains to getting healthy, ridding yourself of debt or getting a promotion at work, think of one thing that would give you the biggest boost and turn it into your goal.

Analyze your habits and behaviors. Don't let bad habits and behaviors sabotage your hard work. Once you've thought of a goal, ask yourself these questions:

- o What current habits or behaviors will help me reach my goal?
- o What current habits or behaviors will impede my efforts?

For example, if your goal is to run a marathon and you're already running or working out a few times a week, your current fitness habits will help you reach your goal. However, if the last time you ran was during an elementary school field day, you'll have to make running a habit so that you can achieve your goal.



Write it down. Studies show that writing down your goal will improve your chances of achieving it.

- **Approach your goal as if you've already achieved it.** This will put you in the right mindset.
- **Be specific.** The more specific your goal is the better. Instead of saying, "I have lost weight" say, "I have lost 20 pounds and dropped two pants sizes."
- **Divide it up.** Large goals are easier to reach if you break them into smaller pieces. Divide your big goal into smaller short-term and mid-term goals. If your goal is to run a marathon, a short-term goal would be to run a 5k within the next month, and a mid-term goal would be to run a half marathon by June.
- **Give yourself a time limit.** Setting a deadline will help you maintain the focus and drive you need to achieve your goal.
- **Track your progress.** Tracking allows you to see how far you've come and may give you the extra motivation you need when you're feeling discouraged.

