

# GALINOS MEDICAL CLINIC, INC

Having a healthy LIFE and WORK BALANCE should start in creating “Goals”. Once you have a clear idea of the things you want to do, it makes much easier to reach that goals. It means being aware of what is working in life and improving upon it, and also being aware of what is not working and being proactive about improving it.

If we want to achieve a better life and work balance we should know how to set and prioritize our goals.

Goal setting help individuals and organizations motivate themselves towards a destination or achievement and developing this healthy habit will not only add year to life but will enhance the enjoyment and quality of those years.

**"In life, there will always be hurdles -but those hurdles should not stop you from walking towards your goals."**

Dylan J. Cameron, Positive Thinking In a Negative World.

**READY**

**SET**

**GOAL!**

