

Dave Kelly's Gonzo Motivation Newsletter
A Monthly Newsletter To Help You Motivate Yourself And Others
Edition 8

January 2006

Happy New Year! Today, January 1, is a day of great promise and excitement. This day provides a clean slate and an opportunity to look ahead. I am looking forward to traveling all over the country in 2006, training and speaking. You can see my schedule for the next four months below. What are you looking forward to?

I am also looking forward to Saturday, March 4. Why? Because that night the APCA will present their annual awards and I am a nominee for Speaker of The Year! I was really excited when I got the call about my nomination, especially since 2005 was my first year working with APCA and their 300+ member schools. Check the organization out at www.apca.com. Enough about me, on to this month's tip...

This month's motivation tip: *Make commitments, not resolutions.*

The most popular day for setting goals is January 1. The most popular day for giving up on goals is January 2. Or maybe even the night of January 1:

"I jogged half a mile today...I need cake."

A new year gives you the chance to start with a clean slate. The temptation is to assume you can change behaviors, habits, and routines (built up over many years) overnight. You set yourself up for failure when you set unrealistic expectations. Instead, make a plan for the attainment of your goals that will change habits over time.

Did you know that you need to do something every day for at least *21 days in a row* for it to become a new habit? Since that is the case, why do you beat yourself up for not being an overnight success with your goals?

Pick your own "Leaf Day" (as in turning over a new one); don't let the calendar do it for you. Implement your plan for goal attainment on a time frame that makes sense for you, when you can make a true commitment to it. Just because the rest of the world thinks it should be January 1, or the first of the month, or a Monday, etc., does not mean that it will work for you.

Make a commitment that lasts, work your plan, strive for success, so that in the end you can have your cake and eat it too!

"Great motivational speaker" *Theresa B., Entertainment Chair, Wilkes University (PA)*

Want to hear more of what I have to say? Have a publication you think could benefit from articles written by me? Call (770) 552-6592 [or toll-free outside of Atlanta at 1-866-552-6592] or email davekelly@gonzospeaks.com to arrange to have me speak to your group, church, school, or business. You can visit my website at www.gonzospeaks.com to learn more about me and my programs.

Do you have friends who need some motivation in their lives? Please forward this newsletter to them. Did you get this newsletter forwarded to you and want to subscribe on your own? Call or email me or visit my website and sign up for the newsletter at the “Contact” tab.

*January 6-8, Minnesota-Dakotas Circle K Leadership Conference, **Fargo, ND**; January 13-15, Kiwanis Family Administrators Conference, **Dallas, TX**; January 18, Ogeechee Technical College, **Statesboro, GA**; January 20-22, Y’All Conference, **Williamsburg, VA**; January 26, Gwinnett County CVB Leadership Seminar, **Duluth, GA**; January 27, Tarrant County College, **Ft. Worth, TX**; January 27-29, Key Leader Facilitator Conference, **Dallas, TX**; February 1-2, Building Leaders Through Service®, **Marietta, GA**; February 8-9, University of Houston—Downtown, **Houston, TX**; February 16, Colorado Mountain College, **Steamboat Springs, CO**; February 17-18, Rocky Mountain Circle K Convention/Kiwanis Midwinter, **Denver, CO**; February 24-26, Georgia Circle K Convention, **Marietta, GA**; March 1-5, APCA National Conference, **Atlanta, GA**; March 24-26, Georgia Key Club District Convention, **Albany, GA**; March 31-April 2, Georgia Circle K District and Club Leadership Weekend, **Macon, GA**; April 6-9, Circle K International Governors and Administrators Training Conference, **Indianapolis, IN**; April 9, IUPU—Ft. Wayne, C.O.L.T.sm, **Ft. Wayne, IN**; April 29 (HOLD), Brenau University, **Gainesville, GA**; Date To Be Determined (contract executed), Howard College, **San Angelo, TX**...contact me for dates after April or to see if any new ones have been added after publication.*

Want to see your story in a future newsletter? Email me about how you have been motivated to overcome obstacles, achieve goals, or surpass the expectations of others—especially those who may have underestimated you.

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That’s it for this month. Watch your email box for another edition on the first of next month!

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Associate Member, Association for the Promotion of Campus Activities,
Speaker of the Year, 2006 Nominee
Associate Member, American Student Government Association
Member and Club Leadership Education Certified Trainer, Kiwanis International,
Distinguished Club Secretary, President, and Division Lt. Governor
7-time Distinguished District Administrator, Certified Instructor, and Past International
President, Circle K International
Member, Alpha Lamda Delta Honor Society
Member, Mount Pisgah United Methodist Church
Facilitator, Key Leader program
Facilitator and Creator, Club/Organization Leadership Trainingsm (C.O.L.T.sm) program
Facilitator and Creator, Building Leaders Through Service[®] program
Facilitator and Creator, Building Blocks of Leadershipsm program
Facilitator, Certified Workshop Presentersm program

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