

Heartsong @ 1917 This Week – “No Excuses”

Wednesday, March 02, 2016, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Joe Elmore and Chris Hamlin

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

Video

<https://www.youtube.com/watch?v=9ZnIB9fG39E>

“Never, Never, Ever Give Up! -- No Excuses”

“When we are specific, we harness the power of our dreams and set forces into action that empower us to achieve our goals. We then know exactly what it is we are shooting for.”

SMART Goals Worksheet

A common way of describing goals and objectives is to say that:*

Goals are broad	Objectives are narrow
Goals are general intentions	Objectives are precise
Goals are intangible	Objectives are tangible.
Goals are abstract	Objectives are concrete.
Goals are generally difficult to measure	Objectives are measurable

Words on the Theme:

“When you’re interested in something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses, only results.”

Ken Blanchard

“Save the excuses. It’s not about ‘having’ time. It’s about making time. If it matters, you will make time.”

Anonymous

“If you don’t like something, change it. If you can’t change it, change your attitude. Don’t complain.”

Maya Angelou

“You can have results or you can have your excuses. You cannot have both.”

Anonymous

“Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.”

Henry Ward Beecher

“The person who really wants to do something finds a way; the other person finds an excuse.”

Author Unknown

References

<http://www.movemequotes.com/tag/no-excuses/>

<http://blog.inspirationalspark.com/category/not-making-excuses-quotes/>

*<http://tulane.edu/publichealth/mchltip/upload/Tips-for-writing-goals-and-objectives.pdf>



NEXT

Heartsong@1917

Wednesday, March 09, 2016

10:45a.m., 1st Floor Library, Room 151

Chris Hamlin, Facilitating



23rd Annual Alabama Heartsong Retreat

May 4-6, 2016

Camp McDowell

Applications are now available!