

Goal Guru Jill Koenig is on a Mission to Help America Succeed with New Years Resolutions

America's Top Goal Strategist, Jill Koenig, is sharing the 2008 "Resolution Roadmap" in an effort to teach people how to succeed with New Years Resolutions.

Chicago, IL December 27, 2007 -- According to "Goal Guru" Jill Koenig, the New Year is absolutely the perfect time to make major life changes. With each New Year, everyone is given the opportunity to start over. America's top goal strategist says making a New Years Resolution is the first step to designing a better future.



People feel excited about kicking off the New Year with a blank canvas, a clean slate, or a fresh start. Last years mistakes are in the past. January is an exciting, invigorating time of year.

Koenig says, "January 1st is a logical time to begin anew. Using New Years Resolutions as a launching pad or a springboard can catapult anyone's momentum if you have the right strategies, mindset and tools in place, including the commitment to a well thought out plan."

The purpose of Resolutions is to make a decision about future action with firm determination. Most people do set out with the right intention. However, research shows that 95% of people abandon their Resolutions by the end of January, disgusted and discouraged. Koenig proves that with a few simple tips, and the right mindset, everyone can experience the successful results they truly desire.

While many Resolutions are temporary, they can become the springboard for lasting change and lifelong self-improvement.

Koenig will share with your audience the "Resolution Roadmap" for guiding individuals step by step through the entire goal setting process, from deciding which Resolutions to make, to tapping into their own unique internal motivation and creating a well thought out plan for accountability and follow through. Koenig is giving away FREE copies of the Resolution Roadmap to all visitors who come to GoalGuru.com through January 31st, 2008.

Having a plan in place that includes all of the components of Koenig's trademark Goal Formula will enable anyone to succeed and make 2008 their best year ever.

For additional information about how to set New Years Resolutions for success, The Top New Years Resolutions for 2008, for articles, media interview questions or samples of the "Resolution Roadmap," visit <http://www.GoalGuru.com>

About Jill Koenig:

Jill Koenig, the "Goal Guru" is America's Top Goal Strategist. A best selling author, coach and dynamic motivational speaker, she is an expert on the subjects of goal setting, time management and business success. She is a self-made millionaire and the founder and CEO of <http://www.GoalGuru.com>

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