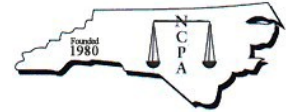


AMICUS

JANUARY 2010



FIVE STEPS TO SMART GOAL SETTING

Did you make New Year's resolutions this year? How are they coming along? If you are like most people, you may not have implemented all the essential components to ensure your success. Smart goal setting is possible if you put into practice these five necessary steps.

1. You have to have a plan. The GROW model (Goal, Reality check, Options, Will) is a very simple process to establish a clear plan. The first step is to come up with a specific, realistic, and doable goal. Good things to identify are the time frame you have for accomplishing the goal, what will be different as a result of reaching your goal, and how you can make your goal measurable. The second step is to ascertain an objective picture of how things stand right now. You will want to ask yourself questions like, "How many times did you do that today?" and "What have you actually accomplished on this today?" The third step is to think creatively for a variety of possible solutions. And the last step is to determine your willingness to make it happen. A good question to ask yourself now is, "What will you do by when?"
2. Smart goal setting also requires being motivated to accomplish your goal. So figure out what that means for you. Are you motivated by trying to avoid something negative? Are you motivated by trying to gain something positive? How strong is this

motivation and will it last the whole time you are working towards your goal? Whatever motivator you have must be something that is important to you.

3. We all need people in our lives who affirm our strengths, who encourage us when we're down, and who support our dreams. We need people who are on our side, people who want us to succeed. Having a strong support system is essential to accomplishing your goals. And when you activate your support system by announcing your ambitions, asking for and accepting help, and sharing your successes, you gain a strength that you just couldn't have on your own. And that's powerful.
4. Smart goal setting also demands accountability. For many people, it can feel nearly impossible to see goals to fruition—that is why the same New Year's Resolutions are made year after year. When we are only accountable to ourselves, we tend to slack off and let ourselves off the hook. But when you have someone who holds you accountable for your actions (or inactions), you'll find yourself moving faster and further toward your goal than ever before. Someone who holds you accountable asks why you didn't do what you said you were going to do and what your next step is. They keep you moving

forward by keeping you out of your way!

5. You also need a strong sense of stick-to-itiveness. If you are determined to keep moving towards your goal, to maneuver through obstacles, to identify and utilize all your options then you are willing to take life as it comes and still move forward. We all know that unexpected things happen to throw us off track. Even expected challenges can be daunting and for some people debilitating. But if you've cultivated your determination so that you know you're going to make it through no matter what, nothing can stop you. And that's a great way to achieve your goal!

Smart goal setting often seems elusive—how many times have you set goals only to never reach them? But if you follow these five smart goal setting steps you're only limited by the goals you set for yourself. And that's a pretty good position to be in, wouldn't you say? 1

1. Corrina Bowers, *Five Steps to Smart Goal Setting*, retrieved from: <http://www.articlebiz.com/article/331351-1-five-steps-to-smart-goal-setting/>.

Free Reprint Articles from http://www.articlebiz.com/publisher_tos/

MARK YOUR CALENDARS!!

2010

ANNUAL
MEETING
&

SEMINAR

*Holiday Inn
Sunspreet Resort*

WRIGHTSVILLE
BEACH

MARCH 18-20

For more information:

Contact: Stephanie Elliott-Park

Email: education@ncparalegal.org
Or

Check out our website at
www.ncparalegal.org

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DISTRICT 1—DIANE MORGAN, NCCP



LET'S MEET AT THE
BEACH IN 2010!

CALLING ON ALL DISTRICT 1 MEMBERS TO TRY TO ATTEND THE 2010 ANNUAL MEETING & SEMINAR which will be held in our district at the WRIGHTSVILLE BEACH HOLIDAY INN—SUNSPREE RESORT!!

What a great opportunity for District I to get together for fellowship and support of our organization!

Please email me at dmorgan@nhcgov.com with any suggestions for a Meet & Greet at Annual



DISTRICT II—BEVERLY JOHNSTON, NCCP

As long as I have any choice, I will stay only in a country where political liberty, toleration, and equality of all citizens before the law are the rule.

-Albert Einstein



News From District II Association Reminders:

District II Meetings:

January 11, 2010 – District II Meeting Special Guest: Carolyn Farmer, Office of the Attorney General, location to be determined. Time is 6:00 p.m.

District II New Members – total membership is now 143!

**Elizabeth Egler
Student Member**

**David Greway
Student Member**

• **February 9, 2010** In association with Miller-Motte College, District II has planned a blood drive to be held at the Miller-Motte campus on Capital Blvd. The Cosmetology Dept. will be giving out discount cards for 10% off all services in the salon to all donors. Contact Alyssa Mozingo for details.

• **March 18-20, 2010-** NCPA's 26th Annual Seminar and Meeting to be held in Wrightsville Beach, NC.

DISTRICT DIRECTOR OPPORTUNITY

District VI

Alexander, Allegheny, Davie, Forsyth, Iredell, Rowan, Stokes, Surry, Wilkes and Yadkin Counties

Please contact

Patti Clapper or

Diane Morgan

for more details

[see page 5 for D2 Holiday Social Pics]

DISTRICT III —SYLVIA ERICKSON, NCCP

District III currently has 31 members consisting of 19 general members, 2 associate members and 10 student members. **Valerie D. McNeill** was presented the Cumberland County Paralegal Association **Paralegal of the Year** award on December 12, 2009.

The North Carolina Advocates for Justice will conduct its High School Mock Trial Competition in Fayetteville, North Carolina on **February 20, 2010**. **Volunteers should contact Rebecca Britton at rebecca.britton@hsbfir.com.**

Sylvia L. Erickson, NCCP

District III Director

(910) 484-0179 work

(910) 424-1856 home

sylvia_erickson@fd.org



DISTRICT IV-KAREN ENGLAND, NCCP

DISTRICT IV NEWS- -News around the District

Guilford Paralegal Association (GPA) held its November 13 meeting at Wyatt Early Harris Wheeler. Robert Wilhoit spoke to the members on The Municipal Law.

On December 1, 2009, GPA held its annual Holiday Dinner at Centennial Station in High Point.

Members have adopted a family who will be moving into a home being built by the Greensboro Bar Association Habitat for Humanity project and collected household items and cash donations to be used to buy furniture and other household items once the home is completed and ready for them to move in sometime in January. Members also bought and delivered Christmas toys for the family's children.

Details about these meetings and all of GPA's events are available on the website. <http://www.guilfordparalegalassociation.org/>

[n.org/](http://www.guilfordparalegalassociation.org/).

Alamance County Paralegal Association (ACPA), an NCPA affiliate, had a food drive for their local Loaves and Fishes and also made a cash donation of \$250.00. Members felt that with all they have to be thankful for they wanted to share with those who are in need.

For information on ACPA please contact Hattie Sheets at hss@vernonlaw.com or Teresa Stacey at tas@vernonlaw.com.



Those pictured are from left to right. Hattie Sheets, President; Katherine Kuczkowski, Vice President and Adrienne Lewis, Vice President.

We make a living
by what we do,
but we make a
life by what we
give.

—Winston Churchill



DISTRICT VI—PATSY BLACKBURN, NCCP



As of December 1, 2009, District VI has 63 members. We had one new student member join in December. Her name is Mary Beard Flannigan, and she lives in Mooresville, North Carolina.

Patsy A. Blackburn,
NCCP
Legal Administrative
Manager
Lowe's Companies,
Inc.
Phone: (704) 758-2750
Fax: (704) 757-0596



MENTORING PROGRAM—BEVERLY JOHNSTON, NCCP, CHAIR

The more you lose
yourself in something
bigger than yourself,
the more energy you
will have.

-Norman Vincent
Peale

GREAT NEWS FROM NCPA:

Our Mentoring Program is now in place. The purpose of the NCPA Mentoring Program is to develop and promote the career development and professionalism of future paralegals. It is vitally important that seasoned paralegals help foster the growth of its newer members as a means to meet the needs of our ever growing profession and to set the standard for our future.

Program Description:

The program is designed to be a 12-month commitment beginning in March and ending in March each year.

We need mentors! Please consider volunteering a few hours of your time to this program. It cannot succeed without you.

Thanks!

Beverly Johnston, Chair

 * Please consider *
 * volunteering *
 * with *
 * NCPA. *
 * Many oppor- *
 * tunities require *
 * only a few *
 * hours of your *
 * time, some *
 * phone calls, or *
 * a little *
 * research... and *
 * if you are ready *
 * for more *
 * involvement, *
 * we can use all *
 * you are willing *
 * to give. *



DISTRICT IX—BEVERLY MOORE, NCCP



Happy New Year District IX Members. Below are some upcoming CPE offered by Catawba Valley Paralegal Association:

ETHICS CPE

Hot Topics: UPL and Confidentiality"

January 12, 2010

CVCC Auditorium, 6:00 pm

Leslie D. McKesson, Presenter

February 9, 2010

**CPE - John Furmage, City of Hickory Surveyor
(More information to come)**

Relativity applies to
physics, not ethics

-Albert Einstein

March 9, 2010

Social

Details to Follow

**CVPA will also be having their annual Pampered Chef
Fundraiser in June. More details to come soon.**





**GET
INVOLVED
WITH
NCPA**

NALA NEWS & DEADLINES: JACQUELINE M. THURMAN, CP, NCCP

JANUARY 11, 2010
NALA CAMPUS
LIVE! TOPIC: POWER
UP YOUR POWER-
POINT 2007

JANUARY 15, 2010
DEADLINE TO AP-
PLY FOR THE
MARCH 2010 CLA/
CP EXAM.

**REMINDER THE
CLA/CP EXAM IS
SCHEDULED FOR
MARCH 19-20,
2010.**

FEBRUARY 4, 2010
NALA CAMPUS
LIVE! TOPIC: NEW
GTLDS

FEBRUARY 5, 2010
NALA CAMPUS LIVE!
TOPIC: LEGAL RE-
SEARCH

You can contact me
at [jacque-
line.thurman@yaho
o.com](mailto:jacqueline.thurman@yahoo.com) or go to
NALA's website
www.nala.org for
additional informa-
tion.

*Jacqueline M Thurman,
CP, NCCP
NALA Liaison*

DISTRICT II CHRISTMAS SOCIAL 2009

As long as I have any
choice, I will stay only
in a country where
political liberty,
toleration, and
equality of all citizens
before the law are the
rule.

-Albert Einstein

