



going the distance

**P MAURER**  
communication  
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s a f e t y  
p a t r o l



g o i n g   t h e   d i s t a n c e

blow the  
whistle



going the distance

# blow the whistle

*we know what we  
need to do...  
what we want to do...  
it's now a matter of us  
doing it!*



going the distance



t a k e a  
l e a p . . .  
. . . n o t a  
s t e p

g o i n g t h e d i s t a n c e



m a k e

s  
m  
a  
r  
t



g o a l s

g o i n g t h e d i s t a n c e

s p e c i f i c

m e a s u r a b l e

a c t i o n - o r i e n t e d

r e a l i s t i c

t i m e d e a d l i n e

g o i n g t h e d i s t a n c e

**s p e c i f i c**

***avoid generalities***

***you should know exactly  
what your goal will look like***

***are you building a house or  
a skyscraper?***

**g o i n g   t h e   d i s t a n c e**





m e a s u r a b l e

*you should be able to  
easily determine  
whether or not you  
succeeded in reaching  
your goal*



g o i n g   t h e   d i s t a n c e

# a c t i o n o r i e n t e d

*answer the “how”*

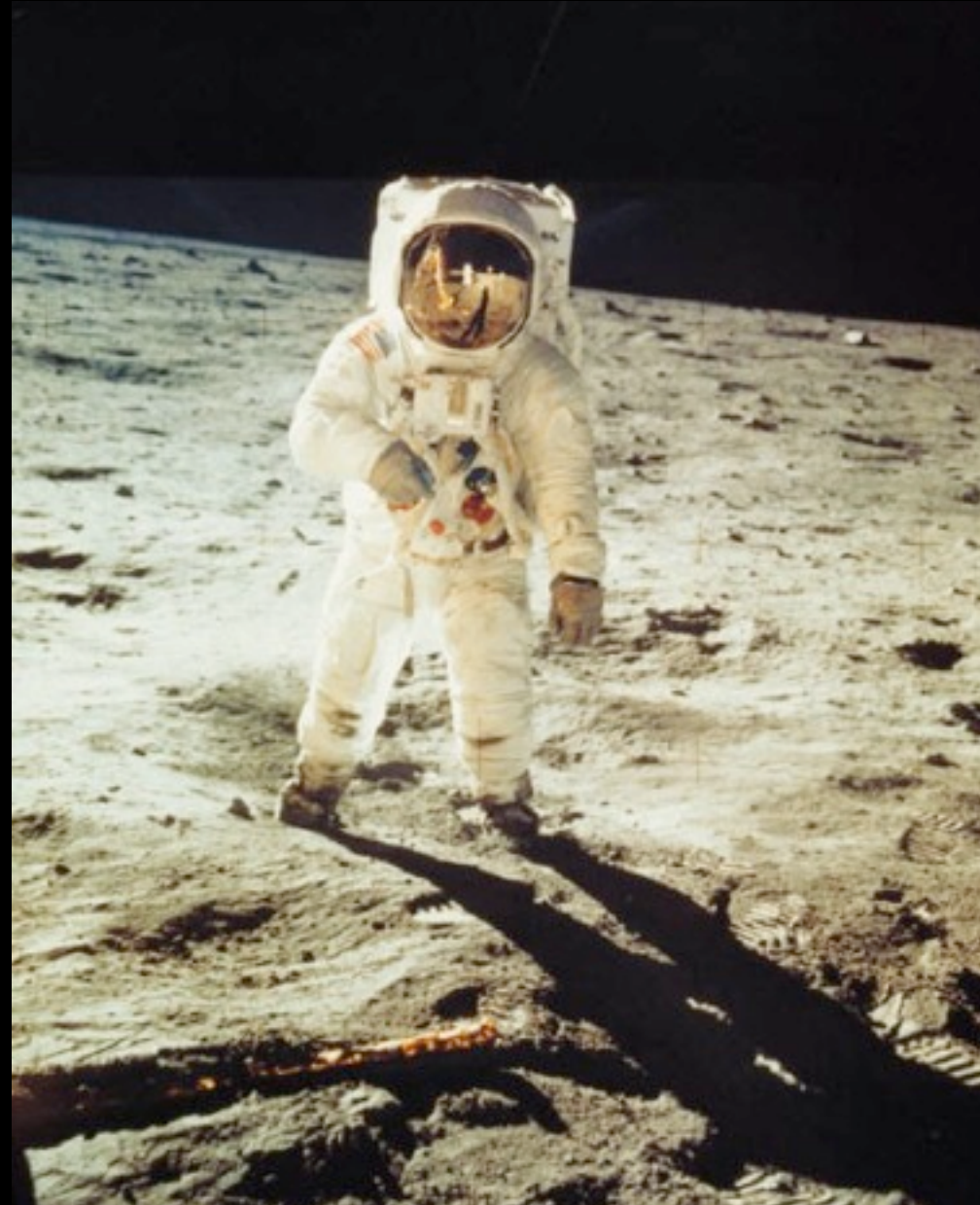
*what are the general  
steps needed to  
accomplish your goal?*

g o i n g   t h e   d i s t a n c e



**r e a l i s t i c**

*shoot for the stars, but  
keep some general  
perspective—it took a  
almost a decade of  
people working around  
the clock to get to the  
moon*



**g o i n g   t h e   d i s t a n c e**

# time deadline

*selecting a specific  
date provides a ticking  
clock and will help  
prevent some  
procrastination*



going the distance



**B A D**  
**e x a m p l e**

*I want to be a better athlete and help a charity*

**S M A R T**  
**e x a m p l e**

I will raise \$3,000 for The Leukemia & Lymphoma Society by May 10th and run the San Diego Rock 'n Roll Marathon (26.2 miles) on June 6, 2004 & I will do this by joining Team in Training and following their training program.

g o i n g   t h e   d i s t a n c e



**w r i t e i t  
d o w n !**

*putting your goal on  
paper makes it more  
real and is the first  
step in holding  
yourself accountable*



**g o i n g t h e d i s t a n c e**

s h a r e  
w i t h  
o t h e r s

*let others know what  
you hope to accomplish*

*they can be your  
biggest allies and  
cheerleaders*

g o i n g   t h e   d i s t a n c e





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# visualize

*positive visualization  
makes a difference*

*what will it look & feel  
like when you  
accomplish your goal?*



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o b s t a c l e s

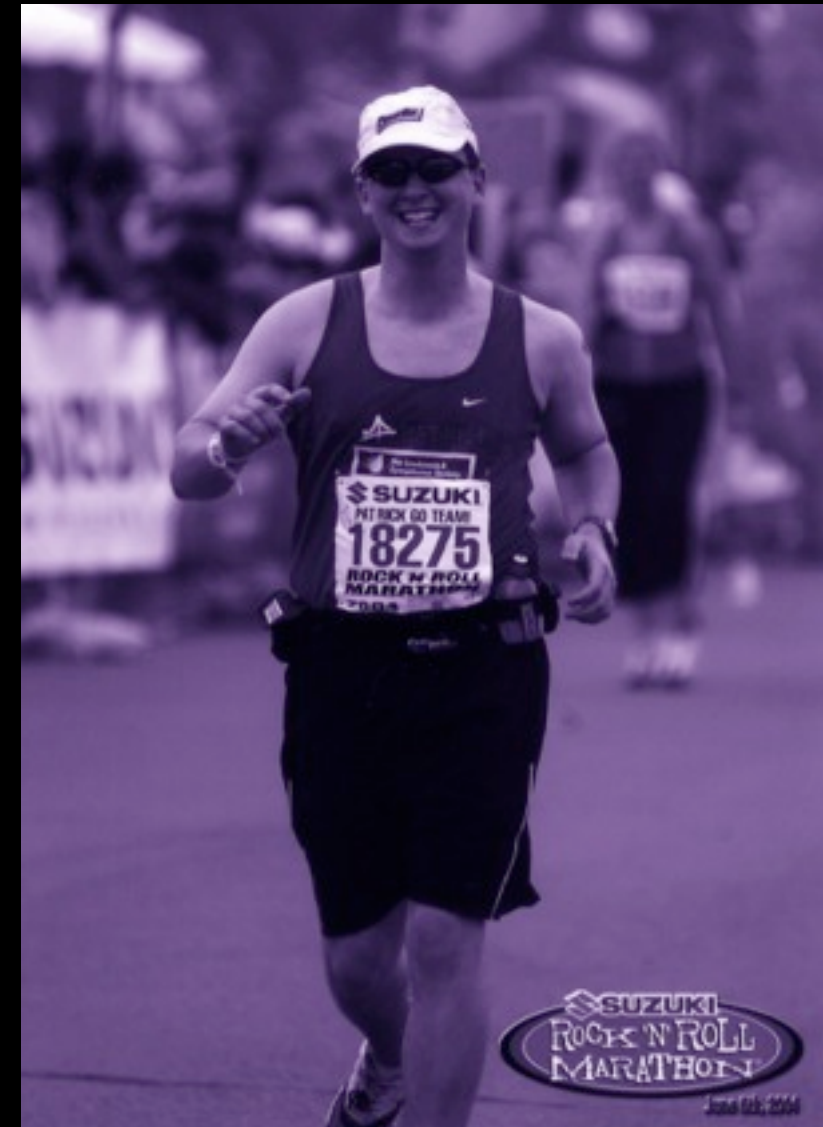


g o i n g   t h e   d i s t a n c e

*6 hours  
24 minutes  
18 seconds*

*... and 26.2 miles later*

*finished 14,044*



*g o i n g   t h e   d i s t a n c e*

o b s t a c l e s



g o i n g   t h e   d i s t a n c e

# overcoming obstacles



***build your team*** (of 20)  
***find those who you support and who support you***



***maintain contact***  
***make sure to interact via phone, mail, email, or face to face once every 30 days***



***thank/recognize supporters***  
***demonstrate your authentic appreciation on a regular basis***

going the distance

# overcoming obstacles



*take a step back & know  
when it's okay to laugh*

*most things work out  
with some time*

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presented by

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