

## **Thoughts from the Board**



Join the Weld County Bar Association events

My daughter and I attended a Goal Setting Seminar by local life guru Chalice Springfield. After a three hour seminar, she stated if you do not set goals, the three hours we just shared was just entertainment. Three weeks later the seminar is still entertainment but thought provoking entertainment. I am in a stage of contemplation.

We are encouraged to set goals in January but February is just as good a time. (hopefully). The most prevalent goal setting strategies is to set SMART goals: Specific, Measurable, Achievable, Relevant, and Time-bound objectives.

Setting goals for other people has come easy! For instance, for my daughter or co-workers, I am quite capable and proficient at setting goals for them! I am still struggling with my own.

The Weld County Bar Association is setting goals as well. We want to encourage more attorneys to attend events and get to know each other. This will assist not only ourselves but our community.

So here I go again! I'd like to set a goal for Weld County Attorneys. I challenge each one of the members to attend one event in 2024. There are many to choose from: the bar dinner in April, the monthly CLEs, Nuts and Bolts or mock trial which is this coming weekend.

Please don't just be entertained by this posting, but join us this year to make our legal community stronger.

-- Amy Antommara, Esq.