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**Q:** Why You Should Conduct a Fourth Quarter Goal Review

**A:** Here we are, the last quarter of the year. September is a pivotal point in the calendar that marks beginnings and endings and can be a crucial time for people to review and re-establish their personal and professional goals. Here are some tips to finish the year powerfully:

1. Measure your achievements in relation to previously set objectives.
2. Set your sight on the gap - what's left to be achieved? Re-evaluate to determine if the original goals were realistic and take this time to adjust (with the idea of still stretching yourself).
3. Review the relevance of your goals.
4. Recommit to your goals and identify 3 compelling reasons to stay strong and focused.
5. Design or adjust your action plan and time line for each goal to finish the year in a powerful way. Start with 3 things you can do today to start building momentum.
6. Challenge your thinking and decisions to ensure you are moving in the right direction.
7. Track your progress.
8. Identify your obstacles and seek strategies to overcome them.
9. Tap into your support system to keep you accountable.
10. Be brave and stretch yourself.

Coaching is a valuable process to assist individuals in reaching their maximum potential. Contact Manon Dulude PhD RP at (905) 873-9393 or [info@forgecoachingandconsulting.com](mailto:info@forgecoachingandconsulting.com) to give your last quarter a new focus.

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**Q:** OMG, my dentist says I need a root canal. Where is the best place for me to hide so she does not find me?

**A:** Well, firstly, hiding is tough, but I would do something like the Witness Protection Program and set up a new life in a new town with a new name, leaving your current family and friends behind. It is best just to forget them quickly. That was your old life. But before you buy your fake moustache and glasses, know that root canal therapy is a common dental procedure that serves to remove dead or injured tissue from the inside of a tooth. If left untreated this can develop into an aggressive infection which can be extremely painful. I would guess this is not your situation, because someone with a bad infection will REALLY want a root canal to relieve the pain.

In some cases, however, teeth can go 'bad' with little-to-no pain initially. Dentists can sometimes find these through routine exams, tests and x-rays. Like all dentists, I have seen people in emergency situations with tremendous pain and full-blown abscesses and from those experiences I know it is far better to treat these 'bad' teeth before they get a chance to start to hurt.

So my advice is: Despite the temptation, don't make a run for it. Have your root canal and know that you have prevented a much more unpleasant experience.