



## Jamie Cotter Blueprints Effective Goal Setting in Law Week Colorado

Spencer Fane attorney [Jamie Cotter](#) encourages fellow attorneys to create infallible resolutions in her article, "[There's Still Time to Plan and Set Goals For Personal Development as an Attorney in 2024](#)," recently featured in *Law Week Colorado*.

Her article was originally published on the firm's website under the title, "[January 2024 – Goal Setting](#)." In her most recent iteration, she maintains that annual goal setting is just as beneficial post-December, upholding that "carving out some time now can help salvage the 2024 process."

Jamie's best practice for developing feasible goals begins with a general category breakdown, then implements the SMART goal model (specific, measurable, achievable, relevant, time-bound). She emphasizes the importance of quantitative metrics, explaining, "Plans to, 'meditate more' or 'use LinkedIn regularly' don't often result in accountability. Instead, 'meditate five days a week' or 'post 12 times a month to LinkedIn' yield specific metrics when reviewing progress and success."

To counter professional tunnel vision, Jamie notes that although attorneys tend to prioritize clients' goals above all, "personal and family goals must not be sacrificed."

At Spencer Fane, Jamie is a full-service litigator and a co-leader of the Litigation and Dispute Resolution Practice Group. She represents public, private, and corporate clients with all of their litigation needs.

Read the full article [here](#). Please note, a subscription may be required.