

Thursday, January 28, 1982

Decisions, decisions

Most can't make them without setting goals

By Jeannie Whitaker
staff writer

One day in 1978, Mike Wickett sat in the Wishing Well laundromat contemplating his future. If I could find a need and fill it, he thought, then I'd have a life purpose.

"I set a goal to find a purpose," he said.

At the same time, Charly Heavenerich, who shared a farmhouse with Wickett on the Fruehau estate in West Bloomfield, was contemplating his purposeless existence. "We had been through some changes in our lives," Heavenerich said. At the time Wickett was a pension consultant, Wickett was a salesmen.

TODAY, WICKETT is president and Heavenerich vice-president of "Growth through Goals," a self-help program which will open its tenth series with two free guest nights in the LaReserve Room of Somerset Inn, Troy on Jan. 28 and Feb. 9.

Once upon a time, he said, I had a purpose for himself, Wickett said, a thought struck him. He recalled reading in a Time magazine report that 97 percent of the American population have no goals.

"I got very excited about that

thought," he said, "so I spent two hours writing notes on it. It was the first time I had had a creative thought in my life. The next day Charly and I got together and Growth through Goals was born. I had found a life purpose."

Heavenerich said he was ready for Wickett's proposal. He said that although he had a master's degree in international finance he had never set specific goals. Until he set a definite goal to improve his health, he drifted for 37 years in work and activity that he didn't enjoy.

HEAVENERICH said once he established his goal, he signed up at a Vic Tanny club which introduced him to aerobics, and that led to another goal.

"I wanted to become an aerobics instructor, which I did as a part-time instructor at Vic Tanny in the fall of 1980. A Channel 7 producer heard my wife and I talking about it to cohort the 'No-Nonsense Exercise' show that began last May. Now I have another goal. I want to be the most effective and dynamic aerobic teacher in TV."

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"YOU'LL NEVER see kids on drugs who have self-esteem," he concluded.

Wickett, who is 38, wrote and de-

veloped the program with help from

Heavenerich, 39, who handles the

finances and speaks at each session.

His forte, said Heavenerich, is helping

participants develop a healthy attitude

toward themselves.

"We think about the whole, balanced life," he said. "There are seven

imperatives: factual, spiritual, car-

er spiritual, social, self-improvement,

family and health. There is a triumvirate of factors, including exercise, nutrition and attitude. When you feel better about yourself, you will want to put only good things inside you."

"There is no substitute for feeling

good about yourself," Wickett said.

He said that goals give a person a

purpose for getting up in the morning.

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