

New Year's Resolutions: Successful Accomplishment Or Mere Fantasy?

By Rebecca Wells

Every January people all over the world make New Year's Resolutions. The top five are always the same:

1. Lose weight
2. Exercise more regularly
3. Spend more time with family
4. Save more money / overcome debt
5. Quit smoking

- Have you set any of these resolutions yourself either in 2009 or in the past?
- What were your outcomes?
- Did you make your resolutions happen or are the same issues still apparent?

The reason why so few resolutions, or goals, are attained is the same reason that people set the same resolutions year after year: setting yourself challenging resolutions, or goals, is easy. Anyone can stand up at a party and tell the world what they intend to do.

But turning those goals into actions isn't always quite as easy.

Here are some questions you can ask yourself to help you achieve your resolutions in 2009:

1. Is this goal my own goal?

If 'no' the goal might be something your partner wants you to do or even worse, someone you don't even like or respect!

If you haven't set the goal for yourself, don't even bother attempting it - you'll only make yourself miserable! Only invest your efforts into resolutions you personally want to achieve.

2. Is this goal something I really, really want?

It should score at least an 8 out of 10. If it scores lower, ask yourself why...

3. How can I break this goal down to make it more manageable?

People often overwhelm themselves and demand too much too quickly. To keep yourself sane and on-track, ask yourself what the first step needs to be to help you to achieve your goal. Once complete, decide what the next step should be. Before you know it, your resolution will be completed!

4. What deadlines am I working to?

A goal without a date is just a dream. Label each of your mini steps with an achievement date. It's fine to revise your dates but make sure you have them written down to give you something to head towards.

5. What will achieving this goal GET me?

List what your success means to you. Will achieving this goal get you more time with your children? Will you be happier? Will you be richer? Will you have more freedom? And remind yourself of those benefits every step of the way.

Remember, a 'resolution' implies that you are 'resolved' to achieve it... that means being committed to it. So make it a priority every day to review your resolution and your achievement dates. Keep your plan fresh in your mind and go for it!

Even the smallest positive changes to your life could make a world of difference.

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