

MAKING THE RESOLUTION A REALITY

Happy New Year!

If you are reading this then, like me, there is a good chance that you have made your list and are hoping this year is going to be different than last! This article is for you because if you spend some time, not only reading this article, but actually taking the contents and applying them to your new years resolutions, I will guarantee that you will achieve more this year than you would believe.

A big and bold statement? Maybe, but what if I am telling the truth? Would it be worth reading carefully, giving it a go and seeing if what I am suggesting really could make a difference in your life?



For me, often as the new year approached I would spend a significant amount of time whinging and whining about what didn't go the way I had hoped during the year just passed and complain that I was still in the same place I was 12 months ago! I would then go out on new years eve and after an excessive amount of alcohol make all these decisions about all the things I was going to change during the new year.

Next I would do one of two things; I would make a long overwhelming list of all the things I had to change and then sit and look at it and, in the sober light of day, justify why it was too big and too hard and never get started! Alternatively I would make a shorter list and then, without any real plan, get stuck into an unrealistic regime that I could never maintain and after a short period of time I would give up on my resolution. You may or may not relate to this.

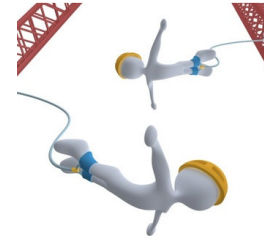
Enough of the depressing stuff! Let's look forward; it is still within the first week of the year and so I hope you are still excited about the great things that you can achieve this year. I would like to offer you my top ten steps to ensure that your new years resolution becomes reality. The condition is that you actually implement these steps!

Andrew's ten steps to making your resolution a reality:

1. **Reflect on the year just passed.** Spend a small amount of time thinking about all the great things that happened, the things that you are grateful for and the things that you learned from during the previous year.
2. **Decide whether you really want and/or need to have a resolution.** Many people set new years resolutions for the wrong reasons; they do it for other people, or they do it because they think they should. By all means set your goals, but stop and really think about whether you they are right for you and whether you are willing to do what you need to do to achieve them. If you are happy with where you are at or are not interested in news resolutions then don't do it!
3. **Shorten your list.** Whilst there may be lots of things you want to change, my advice is pick no more than three – the ones that are most important to you. In fact the ones that make you cry! Put the remainder of your list aside until your priority resolution(s) have been achieved. Look hard at each one of the resolutions you have chosen and make a decision that you will do what you need to do, irrespective of circumstances, to make it or them happen.



4. Get a mentor. Make no mistake, once you get started there will be challenges and times when you will wonder if it is worth it. In fact you may consider quitting more than once! Having someone to talk to, someone to help and guide you and to give you that all important perspective is a crucial part of this process. Don't think you have to go it alone or that it all rests on your shoulders, find someone who has done what you are trying to do and stick close to them!



5. Get a plan. I know for me, one of the biggest barriers to achieving my new years resolutions was my lack of planning. I have always been a 'spur of the moment' kind of guy – I would get excited, make all these big claims and then launch into achieving them without any real idea of what I was doing or where I was going. The end result was generally as you may have predicted! Together with your mentor put together a plan; something simple, something doable and something flexible with a regular monitoring and progression process built in. Believe me on this one, the plan is so worth it.

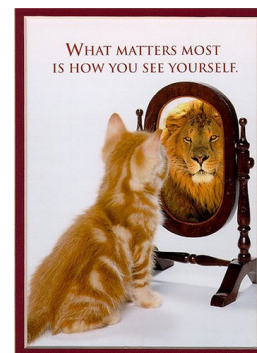
6. Take one day at a time. Understand this very clearly; it is not about how fast you can do it, how much you can do in one week, how much willpower you have or how much you are willing to sacrifice! Achieving your new years resolution is about doing something small every single day that is moving you one step closer to it's realisation. Success is not created in a day, it is created day by day!



7. Stay focused on the end result. The reason most people never achieve their new years resolution is because very soon after they make it, it gets lost in the busyness and urgent things in life. It is crucial that you keep a daily focus on what you are trying to achieve. You can do this by; looking at pictures, reading goals & affirming statements and by regular contact with your mentor. The more you focus on what you want, the more chance that you will continue to do what you need to do to make it happen.

8. Forget about motivation. This may sound strange to you as it did to me the first time I heard it. The reality is that the people who rely solely on being motivated all the time will never achieve what they want. Why? Because we are never motivated 100% of the time, in fact we will be lucky to be motivated 50% of the time. The people who will make their new years resolution happen are the ones that will continue what they need to do irrespective of whether they are motivated or not!

9. Believe in yourself. I understand that this is a big one! Sometimes the fact why we don't achieve our goals is because deep down we really don't believe we deserve to or that we can. If this is a recurring issue then I would recommend finding someone to help you with this. Here is my simplistic take on the belief thing; think about what you are trying to achieve and the simple steps required to achieve it. Can you do the simplest of steps? If you answered 'yes' then you must believe you can achieve your new years resolution because all you have to do is keep doing them and commit to step number ten...



10. Keep going until it happens. Here it is folks; the number one reason why people do not achieve their new years resolutions is simply because they do not finish what they start. Keep going irrespective of what others say, how you feel, what else is happening or how long it takes. Learn from mistakes, modify the plan and keep going and you will be amazed at what you will achieve this year.

MAY 2010 BE THE ONE THAT STARTS YOUR JOURNEY FOR ONGOING HEALTH, HAPPINESS AND PROSPERITY

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