

# New Year's Resolutions

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Hey, we all make them, yet how often or how many do we keep?

Mine – every year – ‘I’m going to stop eating chocolate and wheat products’ – yet roll around Easter and I’m ‘OUT’ like a bride to be for her hen’s night.

So what is the answer? Really that should be – what is the question?

And the question is... drum roll...

Who do I want to be in this coming year?

For example – as your Life Coach – I want to serve you better and for me ‘better’ means – knowledgeable to share insights with you; successful to stay in business to continue serving you and having greater wellness so that I can have clarity of mind to walk your coaching journey with you as you create and obtain your goals of success for this coming year.

So there you go. The answer to the question – ‘Who do I want to be? ‘How will I achieve that?

Here are some suggestions:

Who do I want to be?

Grab a pen and write that question at the top of the page. Or in the middle of the page if that feels best for you.

Under or around that heading start answering the following questions.

What is in my life that is stopping me or slowing me down from being who I want to be?

List as many as you can. If you get ‘stuck’ really go for one more.

Now ask yourself which of these am I really committed to?

Strike out the ones you aren’t really committed to.

Next question

Now, with these things in mind – ask yourself – what action can I take to remove or change these?

Make a list of all the things which come to mind.

Now cut that list back to the ones you feel are the key or pivotal to your success.

Here's something different!

As you achieve these goals replace them with another one and keep doing this until New Year's arrives again.

Do this and you'll be reaching and creating all year goals. Why pack success into one part of the year when you can have it all year round?

Now, back to those top 3, list 3 things you can do in the next week to work on achieving them.

For example – as your Life Coach – I could book into and attend some training to increase my knowledge on how to be a better Coach for you.

So there you go. Have a go, see how you go.

As your Life Coach I'd love to hear about your plans and how you are achieving them – so drop me an email to [Julie@auscoaching.com.au](mailto:Julie@auscoaching.com.au).

Remember that happiness when **you** win!!!! Whooohoooo!!!!

*Julie*