

2005-Finally Results

Happy New Year!

Each year, we seek to have a better year. Even those of us grateful for what we have and satisfied with the previous year. The beginning of a year is seen as a time for getting rid of the old and preparing for a brand new year. People the world over make New Year's resolutions.

Top 10 resolutions:

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| 1. lose weight | 6. become more organized |
| 2. stop smoking | 7. exercise more |
| 3. stick to a budget | 8. be more patient at work/with others |
| 4. save or earn more \$ | 9. eat better |
| 5. find a better job | 10. become a better person |

Do any of these look familiar to you? Do you even remember yours? We instinctively make resolutions, even though we know soon they will be forgotten to see once again the next year. Here are interesting statistics by USA Today from a December, 2001 issue as to what happens to New Year's Resolutions. 25% are broken in the first week, 50% in the first month and 80% or more later. Why do we bother? People want to make change in their lives and if there is even a small chance they will stick with it, they give it a go. The word 'resolve' means to make up one's mind or decide firmly. So why if we are decided, do we struggle with getting results?

Below, I have highlighted 6 common reasons (problems) for not getting results and offered responsive solutions for each.

Problem # 1: Chosen a goal you think you "should do". Is it really your goal? Is losing weight motivated by your partner or society's expectations? If it is your goal, is it met with "angst".

Solution: **Create goals which inspire and motivate you.** Choose your goals for reasons which match your values, life vision, and what inspires you. What you truly want your life to be like involves getting in touch with your deepest passions and dreams. Really aligning with who you are—your values, beliefs and greater potential. Create a vision of what living that life would look like. What would be different? Focus on thinking about what you want instead of what you don't. With this in mind your goals will feel more effortless and joyful.

Maybe losing weight is part of the bigger picture which more truly energizes you--playing ball with your son without feeling winded, becoming a healthy role model for your child. If feeling young inspires you, create more play and leisure time, go back to

previous interests in your life you let go of. . If losing weight is a wish or a “should” but not meaningful for you right now, let it go for now. Go back to it another time after success with other goals have taken place. Later, you will find what will inspire you with that goal.

Problem #2: Usually too vague. You may have a general idea about it, for example, I’d like a better job.”

Solution: **Get clear and specific on what you want.** Think about what type of job, what type of company, what you like about your current job that you’d like to find in new one, what you don’t have in your current job that you would like to see in the new one, what values you need to express in your work, how you will feel most authentic, what kind of people you want to work with, etc.

Problem #3: Obstacles.

Solution: **Identify the things you know hold you back from reaching your goal.** Maybe you have not made room for a new priority. We take the time with what is important to us, what we care about. Incorporate this goal into your life. Need to say “no” to people and projects which distract you. When you say “yes” to these, you are saying “no” to time being spent toward success with your goals. Let go of tasks which do not have much payoff but require much effort. With this in mind, a sense of balance and harmony usually arises.

Problem #4: Do not have a plan of action.

Solution: **Success requires plan, structure, and time-frame.** Performance is accelerated by strategizing. Break larger tasks into smaller ones. Create a roadmap. What are the main tasks necessary to accomplish your goal? Are some requiring sub-goals?

Must pass the **SMART** goal test. Is your goal clearly defined (**s**pecific)? Can the results of your goal be quantified? (**m**easurable)? Is the goal realistic (**a**chievable)? Will achieving this goal be beneficial (**r**ewarding)? Is there a clear date to get to the goal (**t**ime-based)?

Problem #5: Do not take consistent action.

Solution: **Commitment is essential.** Need commitment to taking yourself and your goals seriously. Putting it in writing increases your level of commitment and chances of moving to the next step. Success with previous steps creates a positive, energizing, motivating momentum. If you fall behind or get distracted, just refocus!

Problem #6: Do not create accountability.

Solution: **Take responsibility for changes, risks, failures and successes.** Commitment means you own it. Designate a mentor, close friend, relative, companion, doctor or trainer for sharing successes, monitoring progress and offering support.

I hope these tips will help you to achieve the results you have been wanting, this year!

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A Coach is 100% on your side and by your side. You can contact me at (978)686-5693 or [click here](#) to email me and I will contact you for your complimentary coaching session for you to learn more about coaching and how coaching can help you get results this year.

I welcome new subscribers! Please forward this newsletter to others who may be interested in my newsletter, coaching services, or programs. If you wish to subscribe/unsubscribe to this free monthly newsletter, please do so on the Newsletter page of my website www.baystatecoaching.com.

January Events

Tuesday, January 25th at 10:30am Lisa will be the featured coach on Coaching Corner, WRCCR 1300am in Rockland County NY. She will be discussing, Becoming the Parent You Want to Be.

Thursdays, January 27th, February 3rd and 10th, 6:30- 8:30pm, Lisa will be leading a workshop, Take Charge of Your Life: Have the Best Year Ever! Will be held at North Shore Community College in Beverly, MA.
