

Not Just another New Year's Resolution!

Happy New Year!

For many, this is a time to reflect on the past year and set goals for the coming year. These may include goals which have existed already yet remain unmet as well as new ones moving you forward in another area of your life. This newsletter is intended to help you identify why you may struggle with certain goals and how to accomplish them. Even if you have had success with goals, I hope these tips will help you accomplish your goals with greater ease and realize results sooner.

To maximize what this newsletter can offer you, consider:

1. Allow time to reflect carefully on these tips and how they relate to your efforts. How has what you are already doing well working for you and how can you apply it even more?
What needs change and where do you want to begin?
2. Create a comfortable place conducive for your reflection- private, no distractions; even turn off the phone.
3. Add a ritual to your reflection for greater pleasure and meaning. Some individuals choose to acknowledge what they are thankful for this past year, write down what they want to let go of and bury it/burn it and light a candle as they write down what they want to bring in to this year.

To some the following will look familiar as I am adapting this month's newsletter from my January 2005 issue. I believe it is worthy of another look as you approach this year's goals. For those who choose another time of the year to reflect and set goals, save this newsletter for that time.

In order for you to have greater success with your goals, I have highlighted 6 common reasons why people struggle with getting results and offered responsive solutions for each. Again, notice what you are already doing well and where you can improve.

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 whom 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 has 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. This will lead you to your next step toward landing that better job.

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. You may need to say “no” to people and projects which distract you. When you say “yes” to these distractions, 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. Work smarter not harder. With this in mind, a sense of balance and harmony usually arises.

Problem #4: Lack of 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?

Your action plan can include 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: Inconsistent 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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If you would like to consider hiring a coach to help you with your most important goals, aspirations and dreams and would like to learn more about coaching and how coaching can help you get results you can contact me at (978)686-5693 or email me at lisa@baystatecoaching.com for a complimentary coaching consultation.

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Discover and Create Your Ideal Work! Thursdays March 2, 9, 16; 12:00-1:00pm
Create the Family You Desire! Wednesdays March 1, 8; 10:00-11:00am

To find out more, click to the Career and Personal links
