

Forgotten your new year's resolutions already? – how to get back on track



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By Kerry-Ann Cox

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How quickly we forget. We are only a few weeks into the New Year, how many of you have forgotten that you even made any New Year resolutions.

Why is that we start the New Year off determined that this is the year to get our lives together? This year I'm going to eat better, loose weight, go to the Gym, give up drinking or whatever. We start with so much enthusiasm and determination. But some how a couple of weeks in, other things are more important, we run of time or steam and we slid back into our comfortable old habits.

But spend a few moments thinking how good you will feel if you actually stuck to your resolutions – if you really did loose those 7 kilos or whatever it was you wanted. There is a big part of you that really does want to be happier and healthier, this year. So what gets in your way?

Is it fear or sabotage? Is it just being more comfortable with your old ways. Ask yourself how badly do you want a 'new you'? Or is it just some pie in the sky fantasy that would be nice if you didn't have to work too hard at it.

NOTHING WILL CHANGE UNLESS YOU DO

So if you really want things to change you do need to put some effort in.

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- 1) Reconfirm to yourself what you want.
- 2) Make sure that your goals are realistic – don't try to loose 10 kilos in two weeks. Instead set a goal of ½ a kilo (one pound) a week. And then be happy each week that you meet this target. If you try to loose too much you will just get discouraged and give up all together. Think of it this way in 10 weeks time would you rather be the same weight (because you gave up your unrealistic goal) or 10 pounds lighter because you set goals that were achievable and followed through with them.
- 3) Write down you goals for this year
- 4) Spend a few minutes every morning reading your goals and feeling what it will be like when you achieve them.
- 5) Make a plan to achieve your goals
- 6) Take small steps each day or each week to achieve your goal. A great man once said the way to achieve your goals is to underachieve each day. If you do a little each day you will be surprised by how much you have done by the end of the week. If you have always wanted to write a book just write a page a day, or even a page a week. And in a short period of time you will have a number of pages you will have written and can be proud of.

When you spend a little time each morning reinforcing your desires, you put yourself in the position to follow through on your commitments to yourself.

To help you look at any sabotage programs you may be running there is a great book that I mentioned

in the last newsletter called "The Midas Method". You can pick up a free copy at <http://www.megastep.com/mmgo/>

You can make this year the year that you follow through on promises made to the most important person in your life – YOU!

BUT YOU HAVE TO TAKE ACTION

Make this year your best yet by downloading the Free ebook "Success Secrets". To get your copy from the Exalted Living website go to <http://www.exaltedliving.com/suse.htm>

Resolutions in the Job Search Just Don't Work!

By Marilyn J. Tellez, M.A.

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New Year's Resolutions
in the Job Search
Just Don't Work!

Let me explain about why I think
resolutions to find a new job don't

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work. New Year's resolutions are too ephemeral! They are a signal that something needs to change within a person, but the dedication to change isn't really there. It's a lot of wishful thinking, isn't it?

How to make a resolution work for you?

Here are my tips.

1. Write them down. Refer to them often. Make any small changes as you move along.
2. The resolution needs to be realistic. Concrete resolutions that need action can't be ignored for long.
3. Make something happen that is on your resolution list. Take one of the items on your list and diagram or write what you must do to make the change. (Calling on employers could be on the list).
4. Keep moving. Your resolutions need to be fulfilled. Don't take your own "no" as the answer. Persevere, start over as need be.
5. Be successful in achieving a goal.

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