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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Successful New You Resolutions in Ten Strategic Steps

By Michelle May, M.D.

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Whether you are setting personal or business goals, the key to successful New Years Resolutions is to create a strategic plan. The following steps will guide you through the goal setting and achievement process.

1. **Assess Your Starting Point:** Take an accurate and detailed assessment of where you presently are relative to the goal you would like to achieve.
2. **Consider Your Values:** Goals based on your core principles and values will form a passionate attitude!
3. **Dream:** Go for areas that inspire and challenge you. Project yourself into the future and write down your ideal scenario.
4. **Define & Clarify:** Narrow down your goals to those that inspire you the most. Make them so clear that you can see them, feel them, and measure them.
5. **Write it Down:** Write your goals in positive terms using detailed words and/or pictures. Put them in a place where you will see them often.
6. **Develop a Plan:** Set long and short goals, including a timeline with deadlines. Be flexible and open to new opportunities and paths to your goals but be careful of detours.
7. **Identify Obstacles and Possible Solutions:** Expect setbacks and learn to recover from them.
8. **Create a Support Network:** Consider identifying an accountability partner to encourage continued progress.
9. **Make it Happen:** Periodically assess your progress, adjusting your approach and/or modifying goals as necessary.

10. Reward Yourself: Small and large incentives will keep you motivated to reach your short and long term goals. Keep in mind that the greatest reward is in knowing that you have done your best!

Michelle May, M.D. is a recovered yo-yo dieter and the author of *Am I Hungry? What To Do When Diets Don't Work*. Read free excerpts or sign up for fun and interactive workshops to help you achieve your health and weight loss resolutions: www.AmIHungry.com.

Michelle May, M.D. is a practicing Board Certified Family Physician with expertise in the

cognitive-behavioral aspects of weight management. She is the author of *Am I Hungry? What To Do When Diets Don't Work* in collaboration with a Registered Dietitian and Psychologist. Visit her website www.AmIHungry.com for information on managing weight without dieting.

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 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).

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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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