



The Diametric Tension of Creating New Year's Resolutions December 2016



What does that mean?

Do you feel the nudge, the pull, the obligation, the "supposed to" of creating one or more New Year's resolutions? But, in the back of your mind, you're also remembering the ones that reside on the pile of failed resolutions never fully experienced. We've all been there.

The good thing about the New Year is that it gives us a fresh start. We all need a fresh start sometimes. A time to put things behind us and move forward toward our vision. We scrape the mud off our shoes and boots that's been slowing us down and holding us back, and we step out with clean shoes walking tall toward what we know we can do. It's a great feeling.

So start this year's resolution a better way!



You'll never
find the right
things if you
don't let go
of the
wrong ones.

Sometimes, finding our success means cleaning the closet of how we spend our time. We often hear people longing for "the good ol' days" when life was simpler.

One of the things that made life simpler was that there were fewer choices for everything. There were fewer options when you went to the grocery store that didn't take hours of label reading and price checking to make good choices for your family, fewer



First:

Start by shedding the obligation and social pressure if you have any. This is about you and what you want. It's neither about what friends are doing, nor about a January 1 mandate. New Year's resolutions, for one thing, don't have to start on January 1.

Now then:

Think about what you want for yourself by the END of 2017. Yes, the end. Start by getting clear about where you want to end up, by when and most importantly, why. What will it take to get there? Think in terms of steps and stages rather than an all or nothing marathon in which you jump through the starting gate at 6 am on January 1. Think about many small races each with their own accomplishment and reward.

Avoid the Failure Trap:

Planning a resolution that starts January 1 with an all-or-nothing resolve and momentum is often what sets us up for failure. It's true that successfully changing a habit requires 21 consecutive days. Unfortunately, a lot of times, New Year's resolutions are often ones that really require multiple changes and trying to make multiple changes at the same time often leads to failure.

Think one change at a time.

Successful goal-setting:

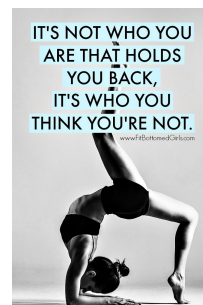
Did you know that a really great goal has five elements:

- **The What** (Your end result)
- **The How Many, How Much** (The quantity of your goal – how many, how often)
- **When** (Your target date)

activities for your kids – many of which were simply front-yard pick-up games that didn't require a chauffeur.

There were fewer organizations demanding your time, fewer television programs, fewer electronics, fewer machines. I'm not saying any of the choices we have today are inherently bad, but more choices often take more time. There's more to manage today in so many ways.

So think about your own choices, and maybe cutting back and simplifying a little to make time for the right things – the things you want to see for your life by the end of 2017!



What do you tell yourself when no one's around? Are you giving yourself positive can-do messages, or are you the negative little devil with a pitchfork on your shoulder shooting down all your dreams and goals? Knock that little devil right off your shoulder and vow to believe in yourself! Here are some positive messages to tell yourself:

I can do it!
I have what it takes!

- **Measure of Quality** (How will you know if you hit it)
- **At What Cost** (What is the cost or what are the resources you'll need)

Post your plan where it will be a periodic reminder and check-in for yourself. Tell a friend and ask them to check in with you every so often. Knowing someone will ask is a huge accountability incentive. And build in rewards for your accomplishments along the way. But just a suggestion from experience – if it's a diet you're doing, choose a reward other than food. I learned that the hard way more than once!

For the long haul:

Plan steps along the way. Let your first step after the New Year be one that's not so daunting. Let it be something you can accomplish that will make you proud of yourself and help you build momentum.

Break it down:

Look toward December 2017 instead of January 1. What is your vision for what you will have accomplished by then? Envision your intermediate accomplishments. You'll get there.

Oh, one more thing. When you miss a benchmark or a goal or even a day that you planned something, remember, it's only a day, only one step in a longer, bigger picture. Start again and don't "should all over yourself about it". Keep your eye on December 2017!

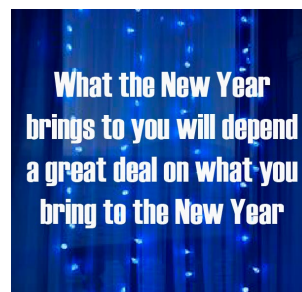
**Have a wonderful holiday season
and feel free to share your vision with me for 2017!
I'd love to hear what's next for you.**

Starting fresh is also a great time to enlist a little help and support from a coach. I can help you be more successful in accomplishing your goals. Why not try it? Experience what a coaching session is like.

**My goals are worth pursuing!
If I just start, I can move
forward.
I have a long future ahead.
The rest of my life can be
different.
I can make a difference.**

**No matter who you are,
No matter what you did,
No matter where you've
come from, you can always
change, become a better
version of yourself.**

---Madonna



Email me for a FREE 30 minute session.



Merry Christmas, Happy Hanukkah
and Happy Holidays my friends!

Joy Lee



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