

Make New Year's Resolutions That Stick **by Peggy McColl**

Would you like to have New Year's Resolutions that you actually stick to....and achieve?

Firstly, it is important to understand why people do not stick to their new year's resolutions, when they so definitively set them. It isn't because people are not committed or that they don't have a deep longing to make a change in their life. In simple terms, the reason why people don't stick to their new year's resolutions is because we are habitual creatures and will continue to do the things that we've always done simply because we are programmed that way. Our "programs" are our belief systems and these beliefs are determining our thoughts and our actions, which ultimately determine our results.

Knowing this, and making a decision to no longer re-creating the things that we no longer desire in our life, now is the time to make new years resolutions stick.

So, if it is true that our belief systems are determining our thoughts and our actions, then how do we program or re-program ourselves to stay on track AND actually achieve the goal (resolution)?

The answer is simple. Know, first off, that it **IS** simple to achieve a goal and it can be done. You may not know how, but do not allow the "not knowing" to stop you from believing in achieving the end result, or do not allow the "not knowing" to hold you back from taking the necessary action toward the achievement.

1. The first step is to decide. Decide what is that you want in your life **EVEN IF YOU DON'T KNOW HOW YOU WILL ACHIEVE IT**. Those words are capitalized for a reason. One of the reasons why people do not achieve their goal is because they follow the pattern of thinking. The pattern that they follow is to start by thinking about what they want and immediately go to the question "how?" And, since they don't know how they are going to achieve the goal; they don't do anything about it. They give up before they have even begun.

I'm here to tell you that you don't have to know how, start by deciding what it is that you want. When you decide what you want (and by the way, that is what a resolution is, a decision), and you stick to your decision (by being determined), you will find the way, even if it isn't evident in the beginning. The "how" will be revealed to you when you stay focused on the goal. And, you **MUST** stay focused on the goal.

2. Do this awareness exercise: Become aware of the things that you've been doing in the past that have been preventing you from achieving your goals. For example, if you notice that you have a repetitive thought pattern that may be something like this: "I'll never get out of debt!" or "I'm just no good at that!" or "I just can't seem to get it." Or "I've never done it before!" Every thought you think is pure energy in motion and whether you believe it or not, this types of thought is equivalent to a large anchor, and like an anchor, it will firmly (and I mean firmly) embed itself into the ground and hold

you back no matter how hard you try to move forward and do the things that, you think, are taking you toward the achievement of your goal.

Self debilitating words and/or phrases come from your belief system. It is your belief system that will have the greatest impact on your results. Create a belief system that WILL support you in the achievement of your goals. You can do this by answering this question: What do I need to BELIEVE in order to achieve this goal? Write down the answer and read it every single day, several times a day. I'm certain you've heard the expression: "If you hear something over and over again you'll start to believe it"? Well, the same principle applies here. Repetition will cause you to start to believe it can be done even if you don't have the faith in the beginning. And remember this saying, as it could have a profound impact on your life: "Believe and your belief will create the fact."

3. Start to take action toward the achievement of your goal. Take some action today. An action that you can take is to write out your goals. Write out only one goal, or a few goals. Doing this does not take an enormous amount of time.

What action do you take? If you don't know what action to take, find someone who has already achieved the result that you want and discover how they did it.

Find a way that each day you can do two (2) things toward the achievement of your goal. These two daily actions can be simple things, but stick to a commitment to do at least 2 things each and every day and you'll realize extraordinary results within a short period of time. You'll be amazed at the results. Do this for 30 days and see how it changes your life. And, once you see the positive changes, increase your intensity, focus, faith, commitment and take more action and watch the new improvements over the next 30 days. I'm certain you are familiar with exponential growth. You will have exponential growth when day to day, month to month you continue to work toward the achievement of your goal and make subtle distinctions and improvements.

And,

4. Be ready to handle the adversity, challenges and be prepared to overcome obstacles. You will have challenges, so be prepared. Here are 5 simple to use, simple to apply keys that will help you manage through ANY challenge, obstacle or adversity. #1. Don't make it bigger than it is. #2. Look for the gift in the adversity. #3. Learn from it. #4. Look past it; and #5. Become relentlessly persistent.

At this time of year most people get excited about the new year as it represents new opportunities and renewed hope. Usually by the 2nd week of January, the enthusiasm has waned considerably, but it doesn't have to be that way. Make this year different! Have a resolve that now, once and for all, you are going to make lasting change in your life. I believe people have genuine desires to truly achieve their new year's resolutions, but if they don't understand why they are not getting the results they want, or understand how to get the results they want they'll continue to do the things that they've been doing and continue to get what they've been getting.

If you are committed to making 2003 a goal achieving year, then follow through. Stick to your goals, build the belief system that will support you in the achievement of your goals and get on with the work.

Wishing you the greatest success in all areas of your life for 2003!

Written by Peggy McColl, Author of On Being...The Creator of Your Destiny; The 8 Proven Secrets to SMART Success and On Being A Dog With A Bone

Contact information: Peggy McColl can be reached at peggy@destinies.com or 613-299-5722

www.destinies.com