



Work Smart Live Smart

New Year's Resolutions – Passion, Purpose And Possibility

**By
Beverly Beuermann-King,
CSP, Stress and Wellness Specialist**

“Who you are in each moment creates your future.” Author Unknown

The celebration of the New Year has long been a time for looking back to the past and more importantly looking forward to the future. We know that the Babylonians celebrated New Years Day over four thousand years ago which coincided with the planting of their spring crops. The Babylonians believed that what they did on the first day of the New Year would have an effect throughout their entire year.

For many of us, New Year's Day is a time to reflect on the changes that we want and need and in doing so we compile a list of resolutions. Unfortunately if our resolutions happen not to work out as we had hoped, we tend to put off trying again until the following year.

Many experts agree that the resolution itself is too often equated with the plan when it is only one part of the overall plan.

“10 Steps To Achieve Your New Years Resolution.”

1. Get Clarity – Passions And Purpose

Examine your core values and principles. Some examples may be the love of family, seeking excellence, physical and mental fitness, success, being organized or meaningful friendships. Your core values help you to focus your passions.

Picture a vision and mission statement for yourself and your life. This helps to focus your purpose.

2. Set Goals - Possibility

Your goals are developed out of your values and your vision. When developed in this way you are able to live a life that is purposeful and congruent with your ideals and passions, instead of living aimlessly and often complaining that things are just not working out the way we would like. Too many people resolve to do things because they think that they should rather than because they feel that it is the right thing for them.

3. **Know The Benefits**

Create a strong foundation by writing out five reasons why achieving your New Years resolution is important to you. As you become aware of and focus on the benefits of achieving your goals you will increase your motivation to continue making the right choices.

4. **Visualize The Future**

Identify and visualize what feelings will come about by you achieving your goal. Create a clear mental picture of you having achieved your goals. Replay this image regularly. The more details the better!

5. **Make Positive Affirmations**

An affirmation is a positive statement about a result you would like to manifest. It is important to state each affirmation in a positive context. The most powerful affirmations begin with "I am". This triggers your sub-conscious mind to create behaviours aligned with the affirmation. Include a feeling and an action word in your affirmation for maximum results.

6. **Develop Your Circle of Influence**

Your circle of influence is the people around you that you consistently spend time with. Share your passions, purpose and goals with family and friends and ask them to remind you when you are falling off track.

7. **Detail A Plan**

Create a plan of action for each goal and define how it is you intend to achieve your result. How do you know when you are on track with your goals? Be specific! Set yourself up for success by creating a plan that will really excite and inspire you.

8. **Write it down**

There have been many studies on goal manifestation that all support the importance of writing down your goals in order to succeed. Get it on paper, post it, read it often and share it.

9. **Get To It**

Make sure you do at least one thing every day that takes you closer to your goals. *"Our thoughts determine what we want, but it is our actions that determine what we get"*.
Author Unknown Keep your goals at the top of your mind and think about them daily.

10. **Forgive Yourself And Re-commit**

Stop looking for excuses to throw in the towel! So you blew it. Use this as an opportunity to re-commit, not to quit. One, two or even several poor choices does not mean you are unable to achieve your goal. Look for the knowledge in your lapse. Celebrate each small victory.

Everyday is a new challenge to live the way we intend to, according to our passions and purpose. Remember, it takes less effort to stay the same than it does to change. Most goals require stepping outside of our comfort zone and that is why many people give up. Stepping out results in growth, achievement and increased self-esteem. Each year we can extend ourselves in new ways, but these resolutions need to be based on our passions and our purpose, followed by a detailed plan and support in order for us to succeed.

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit www.WorkSmartLiveSmart.com for more on Beverly and her wellness work.

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