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How To Make Your Resolutions Work!

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A New Year is a great opportunity for people to reflect on how they managed 'life & work' last year and what they hope to achieve, improve on or do differently this coming year. Unfortunately some people are so disillusioned as a result of New Year resolutions not having worked for them in the past, they

don't make any!

Other people 'simply' achieve their resolutions by "creating a plan and sticking to it". Simple? Maybe! Easy? Not always. The sad truth is that 60-80% of New Years Resolutions are broken in the first two weeks.

Unfortunately, most resolutions fail because of lack of motivation and poor planning- often people simply don't know how to overcome this hurdle. Motivation tends to be at its highest early on, but without seeing some encouraging progress, people's motivation levels can drop right down which is when people tend to give up.

In reality, having a resolution without a detailed plan is just wishful thinking. Planning and goal setting can turn resolutions into a positive and empowering practice helping people feel enthusiastic and able to stay on track.

However there is more to goal setting than meets the eye and it's not all about SMART goals either! (Although making goals Specific, Measurable, Achievable, Realistic and Time-Framed does help!)

There are many other strategies to help people who have struggled with their goals in the past. Most importantly try to think about small steps leading to big steps and prioritise where to concentrate your actions and your energy. It also helps to 'see' yourself succeeding in your minds eye: try to create a positive mental image of exactly what you want to achieve. In addition, having a plan without rewards along the way is asking for trouble, so try to recognise all small successes to mark your progress.

Another useful strategy I recommend is writing goals down and sharing them with someone who will offer support and help to keep you on track. This could be a good friend, partner, colleague or coach. Coaches are totally objective and can also help you deal constructively with setbacks and support you until you succeed.

A final word of advice: Be realistic- Rome wasn't built in a day! Resolutions are made today but are often only achieved by taking many baby steps spread over a longer period. Treat your resolutions just as a starting point. Be flexible and adjust your plan in case you need to, so you too will be able to make 2008 your 'Best Year Yet'.

To help you succeed, why not join my goal setting tele-seminar in January? Know how to avoid the most common mistakes people make with New Year plans! Learn my tried and tested "**12 Small Steps to Goal Setting Success**" to help you understand once and for all how to achieve resolutions! Contact me on ute@successnetwork.org.uk for more information.

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