

Start the New Year with Goals

At this time of year many people reflect and take stock of what they have achieved and start to think about what they want to achieve over the year ahead.

We've all set New Year resolutions to achieve goals that are special to us, maybe struggle to keep them for a few days, make ourselves miserable and then lapse back into our old habits. We may keep a few of these resolutions during our life but, most fall by the wayside.

The key lies in the word 'resolution'. When we make these promises to ourselves, we should drop the 're' bit of the word and concentrate on the 'solution'. Consider why people make resolutions. It is usually because there is some aspect of their life that they want to change for the better. Then, instead of focusing on the great benefits that they will achieve, they focus on what they are giving up, more often than not leading to failure.

Instead of thinking about resolutions, think about setting goals and finding solutions to achieve those goals. Think about how you will look, feel and sound when you have found your solution. Instead of thinking about what you may be giving up, think about what you will gain.

Coaching is future focused practice that supports individuals to set goals, develop strategies and empowers them to find their own solutions to achieve their goals.

There are two main reasons for failure. The first is trying to change the habits of a lifetime overnight and the human mind and body doesn't work like that. The other is attempting to do it alone. The help

and support of a non-judgmental and uncritical third party is crucial to a positive outcome.

Coaching will support you to set inspiring goals and empower you to commit to the change you want. Then you will develop strategies for creating the change with small action steps that will bring you closer to your goals.

Achieving goals begins with setting them correctly and then having support to make them happen in a timescale that the body and mind can and will accept.

New Year solutions are great if they get you thinking about your life. Remember, you can start work on a new solution at any time. The power of personal change is just too good to be limited to the first few days of the year.

To find out more about how coaching can help you move from where you are now to where you want to be, you can visit www.johndyter.com or contact me at info@johndyter.com

Remember you have a choice; choose to have a great year.

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