



A New Beginning



The New Year is here! At this time we begin to think about new opportunities, new beginnings, and setting goals for ourselves for the months ahead. Many of you have a New Year's resolution or maybe two. You are full of hope and motivation. You are also determined to accomplish something you did not quite conquer last year, believing that this year will be the one!

Before jumping ahead, I'd like to ask you to take a moment and reflect on all you have accomplished thus far. We live in a society where it is so normal to just go, go, go. There is so much to do and so little time, making it hard to notice our successes along the way. I'd like to suggest that you take out a notebook and write down all of the things you've accomplished up until today, for yourself and for others. I'll bet you'll be amazed at what you see! It is important to recognize that even though there will always be more to want and do, you've done so much already. Looking back, what stands out for you the most? What was a defining moment for you? What have you learned and how have you grown? How can you apply this to the new year?

Do you know what the Top Ten New Year's Resolutions are?

- Weight loss
- Making time for exercise
- Increasing quality time with friends and family
- Quitting smoking
- Quitting drinking
- Wanting to enjoy life more
- Decreasing debt
- Trying something new
- Becoming organized
- Wanting to serve others

"Look to tomorrow, let go of yesterday, and treasure the moments along the way."



If you could change one thing for yourself for the new year, what would this be? What do you think it will take for you to make this change? Take time to think about what it is you really want and need before setting goals for yourself. If your goals honor your values and passions you will have an easier time reaching them, knowing that you will truly benefit from your efforts.

A resolution, by definition, is the expression of an opinion, intention, solution, or decision. It is the process of resolving something, breaking it up into parts. Think about the new goals you have set for yourself. Are you breaking them down into small steps or are you viewing them as a whole? Setting small, manageable goals for yourself allows you the opportunity to feel the small successes, motivating you to continue working towards your desired outcome. I'd like to offer a few suggestions to help you reach those resolutions:

"Your future is what you make of it, so you'll see. Be kind, be gentle, you are all you need to be."

When you have clearly defined what your goal/goals are, ask yourself a few questions:

- How possible is it for you to reach your goal?
- How long do you think it will take you to reach it?
- What is a reasonable time frame to set for yourself? (It does not matter how long or short the time frame; the important thing is that it's realistic and manageable for you!)
- What is one step you can take towards your goal this week? (If you accomplish one thing towards your goal on a weekly/monthly basis, chances are, you will feel good about your progress, motivating you to follow through!)



It helps to have someone who can support and inspire you to continue to work towards your goal. Having someone hold you accountable for the things you say you are going to do can really make a difference. School is the best example that comes to mind. If you didn't have a teacher setting deadlines for assignments and grading your work, would you continue to do it? Now some of you might, but most of us lose our motivation easily. If you knew you had to check in with a person who was going to ask you about your progress, how do you think this would change your desire to complete a task? The point is not to insult or criticize, but to simply ask you how you are making out? Who do you have in your life who might be willing to do this for you? You can even offer to do this for someone you know who has a hard time completing goals. A life coach motivates, inspires, empowers, and holds you accountable for the things you say you want to do, while providing a supportive and safe environment. Feel free to contact me. I'd be happy to help you reach your goals!!

I'd love to hear about your resolutions for the New Year!

To help jumpstart those resolutions, Live 4 You Coaching is offering special discounts for the New Year!

For more information, email me at pnstoll@live4youcoaching.com

Penny Stollmeyer, CEC

(732)626-3359

www.live4youcoaching.com

Archived Newsletters

[December 2008](#)

[November 2008](#)

"To live your best life is to believe you are always doing your best"

HAPPY NEW YEAR