



# 2012 readiness guide

It's that time of year again, when we crack the whip and commit to a host of resolutions! Sadly, research suggests that no matter how solid our intentions may be, by mid-year most of us will have given up, with only about 10% ultimately reaching their goals! **BY NATASHA LIVIERO**

**New Year's resolutions are about the desire to make changes for the better. More often than not, the focus is fitness and food, and while these are indeed important issues, our desire to change and improve should be far more reaching, embracing all aspects of our being. We've asked four life coaches to share some practical advice for getting it right in 2012 – once and for all.**

### Change needs planning and routine

Instigating change is easier said than done. The key is identifying aspects that work for you, without trying to be perfect, and committing to these lifestyle changes. Holistic Wellness Coach, Lisa Steingold, says we often make the mistake of wasting time and energy trying to do the right thing. "If you don't enjoy gym then don't force yourself – rather take up dancing or hiking; something that you can connect with." Similarly, don't try to change everything at once; that's a sure-fire way to fail. Instead, choose a handful of improvements and focus on them alone.

Lisa also points out the importance of remembering that we are as much emotional, mental and spiritual beings as we are physical. This suggests our changes should

aspire to achieving a sense of balance. "All aspects of self are linked and for this reason it's essential to pay attention to mind, heart and soul as much as body. We feel fulfilled when we find meaning. Meaning is not necessarily found in grand ventures but often in the little things such as embarking on a creative project, reading books that interest you and spending time in nature or with loved ones," explains Lisa.

When making changes, planning and routine go a long way to ensuring lasting success. It also benefits the entire family by delivering a sense of order and stability. Lisa suggests the following simple steps:

**1. Sit down as a family (age dependent) and ask each family member what they need.** If you have small children, sit down as a couple and work out a routine that works for you.

**2. Make a commitment chart of the things you're going to do** and how they benefit you and the family (this is not a pass or fail list, but rather a reminder of ones commitment).

**3. Make it easier.** If you've decided to start an exercise

programme, ask a friend to join you. If you've decided to drink more water, have a jug on your desk! It takes 21 days to form a new behavioural pattern, so make it easier for you to commit!

**4. Avoid the trap of trying to change your whole life as it isn't sustainable.** Pick three to five small changes that you can manage.

**5. You don't have to manage alone.** Call a coach, counsellor, facilitator, trainer, space organiser etc... there's no shame in having a support structure. In fact, it's essential.

## Goal getters

Justin Cohen, international speaker, author, life coach and regular contributor to 3 Talk, says we need to take the time to be clear on what we want and put together a plan to make it happen. "Whenever I ask my workshop delegates, 'who has goals?' most people raise their hands. Then I ask, 'who has written, reviewed and broken down their goals into sub-goals with time frames?' usually less than 5% of the group raise their hands to that. Research suggests that this (less than) 5% of the population tend to be wealthier and perform significantly better in fields as diverse as sport and business. It makes sense: if you don't know where you're going, you're going to land up somewhere else," explains Justin. There are many reasons people fail to reach their goals. Justin shares his opinion on the primary reasons goals amount to nothing (take special note of these faults to ensure they don't happen to you):

**1. Not having specific goals.** If it's not specific, measurable and timeframed, it's a dream, not a goal.

**2. Giving up on a goal you failed to achieve.** Success usually only happens after a string of setbacks. It's important to keep trying.

**3. Setting a goal that deep down you don't believe you can achieve.** It's all about action and you'll only take action when you believe you've got a chance!

**4. Setting a goal that you don't really want or want enough.** Without passion, chances are you won't put in the hard work necessary to achieve any great goal.

**5. Putting your faith into the goal setting plan rather than yourself.** While goal setting is a powerful tool, the real power is you. When you set your goals, you set the sail, but you've still got to do the sailing.

**“** *The reason people don't achieve really big goals is because they have really small thoughts! The size of your accomplishment is directly proportional to the size of your thought. The thing is, big thoughts and small thoughts take up the same brain space, so why not go big?* **”**  
 ~ Justin Cohen,  
 international speaker and author

## Shifting emotional gear

Part of preparing yourself to live a richer, more fulfilling life is recognising emotional baggage that is bringing you down. Think about the issues you have carried this year and how you can go about clearing them from your 2012 journey. Deeply ingrained emotions greatly affect the way in which you react to situations and although you may be reluctant to tackle negative issues, you need to work through them to achieve a lighter, more positive existence. While serious emotional baggage usually requires the support of a therapist, fortunately, there are self-help guidelines that you may follow.

Kate Emmerson, the Quick Shift Deva, is a life coach and clutter consultant passionate about shifting people into a better living gear! Kate shares her opinion on clearing emotional clutter for a healthier, more harmonious life: "It truly starts with an honest (self) stock-take to get a grip on your situation. I suggest writing a list of all aspects that are draining your life. You may have one or twenty items (or people) on the list! Next, be ruthless as to what you can take constructive/tangible action upon, and which ones you simply need to accept. This is called dealing with things you are tolerating. It will lighten your emotional load immediately. Take it one step further by putting deadlines next to the items to ensure you commit to doing something about them."

Toxic relationships are another emotional issue to wave goodbye to in the New Year. People that bring you down, make you feel bad about yourself or who

simply don't add value to your life should be distanced. "It's all about the feeling. When we do not feel good around people, it is time to shift the relationship. Either heal it or move on, but don't be stuck in limbo. Yes, it is scary, but the results are worth it. If someone is taking your power away and making you feel down, it is because you are giving them your power and it is your responsibility to take it back. You may be stuck in old patterns of how you habitually interact with them, so you will need to find new ways of interacting in order to move forward," explains Kate. The same principle may be applied to other aspects of your home or work life that you are not comfortable with. Perhaps it's time to change the way you address the 'problem' by approaching it from a different angle?

## A helping hand

If you normally feel overwhelmed and continually feel stuck...

Visit Kate's website,

[www.kate-emmerson.com](http://www.kate-emmerson.com)

for a complimentary

e-course on How to Quick Shift One Thing Now!



## Time matters

The stress of not having enough time has steadily crept upon modern day living. However, without realising it, we are often very busy accomplishing very little! Procrastination, poorly defined goals and a lack of clear direction all contribute towards unnecessary stress and precious time absorption. One change everyone should implement in 2012 is better time management. "Today's technology supports reactive actions. We've been lured into a 'do it right now' mentality without giving ourselves time to stop, breathe and smell the proverbial roses. It feels good to be busy. We feel needed, wanted, worthwhile and important. All pretty useless, in my opinion, if there is no time or energy to enjoy it!" says Tracey Foulkes, owner of Get Organized, a professional organiser and productivity company. So, how do we go about maximising our time in a more productive manner? Tracey suggests the following:

**1. Set goals in all areas of your life (mental, physical, emotional, spiritual).** Do something, anything, every single day towards reaching these goals – the continual awareness will help keep you on track.

**2. Use lists to keep your mind uncluttered.** Once you've written a task down, you free up space in your brain to move forward and take action.

**3. Prioritise according to revenue.** Constantly question which task on your list brings you closer to either reaching your goals or generating revenue? This is where your time should be focused – everything else should be categorised as less important and therefore not the best way to utilise your time.

**4. Routine takes away the guesswork and wasted hours of asking, 'what should I be doing now?'** Create a simple spreadsheet of what type of task you should be doing when on any given day. This will ensure you are making time to achieve all your goals, which supports a work/life balance.

**5. Rest.** Taking a break actually increases productivity because a rested mind and body can get more done in less time.

“ Don't check emails first thing in the morning. Statistics show that most people are more productive in the morning, yet use this time for low value, low energy tasks like email. Reserving the first hour of every day for high priority tasks means you get to accomplish the most important things first. ”

~ Tracey Foulkes, international speaker and productivity specialist

## A helping hand

Check out this link for the free e-book, Mental Clutter – it's crazy! by Get Organized, including great strategies for uncluttering your mind!

<http://www.getorganised.co/mental-clutter-free-e-book-download-landing-page/>



The key to any change is starting small. Going in guns blazing almost always ends in a plume of smoke! Use this guide as a means to review your life and clarify your thinking to enter the New Year with a renewed sense of zest and purpose. As Mahatma Gandhi said... 'You must be the change you wish to see in the world!' ■