

MY RESOLUTION: NO RESOLUTIONS!!!



IS THAT WHAT YOU THOUGHT THIS YEAR'S NEW YEAR'S RESOLUTION WILL BE... NO MORE NEW YEAR'S RESOLUTION?! It certainly was mine. From my simple point of view, I tend to have too many 'wants' come the new year... shed excess weight, commit to a sporting hobby I now dabble in, do yoga, hang out with friends I've neglected because of work, go skiing – I promise myself that every year and the list goes on and on. And the truth is I get overwhelmed by the amount of things I want to achieve I become a labourer of all but master of none. Sound familiar?

If you want to see your resolutions come to life or set yourself some clear priorities at work, here are the four key principles and practises to make your desires come true.

1. ***Identify and Focus on the Wildly Important***
2. ***Create a Compelling Scoreboard***
3. ***Translate Your Lofty Goals Into Daily and Weekly Actions***
4. ***Hold Yourself Accountable***

In expanding on the four key principles I will use the example of 'weight loss' to highlight how it works. I know it's not very business like but I'm willing to bet we all know someone who's trying to loose weight and get fitter!

IDENTIFY AND FOCUS ON THE WILDLY IMPORTANT

Our mind performs BEST when we focus on one thing at a time – now I know there is a perception that gender separates our ability to multi task but our mind works best when there is absolute clarity of focus.

The word 'wildly' is used very purposely because come the new year we probably have a lot of things we are interested in doing. Rarely do we do them. If you have ever joined the gym you may have found that you did some demon workouts to begin with but over the next couple of months your gym became your new charity – a place you paid money to but stopped attending. This mostly happened because the reason you stopped going was because it wasn't wildly important.

Ask yourself, "What is wildly important to me?" "What matters most in what I want right now?"

Brainstorm a list from a professional and personal perspective. Your personal list may look something like this:

Loose weight	Get fit	Learn to sail	Get back into rugby
Improve my French	Get out more!	Build the wall	Visit my family

With your list now prioritise what are the 'wildly important' goals. Your brainstorm list may all be important but it's the one or two goals that matter most to you that most people can follow through on once they have started.

CREATE A COMPELLING SCOREBOARD

Keeping score on yourself is one of the best motivators you can have. Look at the countless examples in sport where improved performance is based on beating your current personal best. It develops a personal intensity and keeps your focus on achieving ‘little wins’ – success happens when all the little stuff adds up. In the example of weight loss, you don’t suddenly wake up one morning to find 1 stone missing from your butt and tummy!! It comes through a managed series of small wins.

List a wildly important goal then create a scoreboard with these three elements:

1. ***The Current State:*** 15 stone, 7 pounds; 23% body fat
2. ***The Target State:*** 14 stone, 10 pounds 18% body fat
3. ***The Deadline:*** 31 March 2006

	1 Jan	7 Jan	14 Jan	21 Jan		31 Mar
Weight	15.7				→	
Body Fat	23				→	

Put the scoreboard in a visible place – on your mirror at home or as an icon on your computer screen or where ever. Just make sure you can always see your score.

TRANSLATE YOUR LOFTY GOALS INTO DAILY AND WEEKLY ACTIONS

Once you have identified your wildly important goals and posted your scoreboard, you must translate your goals into actions. The easiest way to translate your goals is to ask, “What do I do about it?” Firstly, brainstorm all your options then select the ways that appeals to you the most and commit a plan of action. Using the weight loss example your brainstorm list may look like this...

Exercise	Cut sugar	Research diets	Find a gym
Say no to coffee	NO white bread	Do a weekly walk in the country	Ride to work
Have healthy snacks at home	Through out BAD foods	Get to the gym	Alkalise my diet

Now translate them to actions for example:

Exercise	When	Food	When
GYM		Clear cupboards of crap, processed foods	5.1.06
Research a gym	5.1.06		
Ask friends what gym they go to and why	5.1.06	Get guidance on what foods I need from Gillian	6.1.06
Allocate personal membership budget	5.1.06	Do a new shop for healthy alternatives	8.1.06
Visit three gyms	12.1.06	Buy a juicer!	8.1.06
Make decision and Join	13.1.06	Plan my weekly eating plan and cook ahead	9.1.06

HOLD YOURSELF ACCOUNTABLE

You must stay intensely focused and continuously refocused if anything great is to be achieved. Most people give up on goals just when they get 'near enough'. Sound familiar?

There must be a way in place to make course corrections, get over barriers and pick your motivation levels up. You might like to do the following:

- Give yourself little treats when you achieve a level of the goal
- Ask people to check in with you
- Keep reviewing your score card
- Surround yourself with people who are on the same journey

Ultimately, a new year could mean a new you... if you're up for it! If you would like a free 'Making It Happen' worksheet sent to you send an email to me entitled 'making it happen' and I'll send you one by return email.

Keep smiling,

A handwritten signature in blue ink that reads "Brad" with a stylized flourish underneath.