

Ensure New Year's Resolution Success

With thanks to Amy Ahlers, CPCC

It's well known that many people set New Years Resolutions. It's also well known that most, 90% in fact, never actually achieve those resolutions. So here are a few simple Natural High tips to help you make it stick this coming New Year.

1. Write them down. It's been well documented and proven time and again; writing down your goals will improve your chances of success.
2. Commit. Own your goals, own your reality, and own your destiny. Just commit to it and make it happen. Move beyond the land of good ideas and promise yourself to show up for your desires.
3. Tell people. Letting your biggest fans in on your hopes and dreams creates a cheering section as you move towards them. These people can keep you motivated, keep you honest and perhaps help you along the way with some good advice.
4. Get accountability. This is even better than letting people in on your goals and dreams. Some suggestions for this are meet with a group for lunch once a month to discuss your progress (its usually not hard to find people with similar New Years goals), hire a life coach, talk to your best friend. Get some support!
5. Make a plan! Start with the end vision of where you want to be and work backwards to where you are today. You'll find an easy plan to make your goal a reality. If this is tough, get help from a professional, a personal trainer, financial advisor, life coach, relationship counselor; whoever knows the route to your goal the best.
6. Do a goal check-in. Be sure you can answer yes to the following questions: "Am I the primary reason for setting this goal (vs. your mom, boyfriend, wife, boss, society, etc)? Do I feel alive and energized by this goal? Is this goal in line with my life purpose or mission?"
7. Get Real! If you thinking of putting a goal down on paper that you always put down and never achieve, take a second look. Is this goal something you need to let go of? What purpose is it serving you? What's a good enough reason to finally achieve this goal?
8. Focus with Reminders. Once you've got your goals and plan in place, figure out ways to remind yourself. Use your palm, blackberry, note books, etc.

9. Believe and Visualize. It's well known that athletes who visualize have better outcomes than those who don't. Visualizing a free throw in basketball is often just as effective as actually practicing the shot. Visualize yourself making your goal a reality.
10. Practice and stay steady for at least one Gong. In the west it's said that it takes 21 days to make a practice into habit. In the east the thought is 100 days. They call it a Gong. Stick with your plan for 100 days (one Gong), and soon you'll find yourself having trouble not working through your plan; one gong soon becomes 4 gongs and your goal is no longer a goal but a lifestyle.