

Your



Year Yet!



Welcome to the Life Coaching Corner where the seeds of possibility are sewn and opportunities for growth are found!

As we move into a brand new year, we tend to reflect on what has happened in the year that has just passed. It is a time when we look critically at our lives and think about whether we have made progress, achieved a specific goal or even given up a bad habit.

You may find that you didn't quite do what you resolved to do last year or maybe it's been a great year for you with many accomplishments. Either way now is the time to turn your thoughts and focus to the year ahead and make this your best year yet!

New Years is the time where we traditionally make resolutions – promises to ourselves and others about changes that we want to make in our lives. Many of you will resolve to be healthier this year and will kick start a new exercise plan or go to the gym more often. Or maybe you want to give up something - smoking, drinking or even chocolate! Perhaps for you it's more about your relationships

- finding 'the one' or improving your current relationships with family, friends or partner. Maybe it's about your career in terms of changing it or climbing further up that corporate ladder.

I see the new year as a great time to look at things from a fresh perspective. It is also a time when we can wipe the slate clean and make a fresh start! So why not take some time now to consider and write down your thoughts on what you want this year to look like and be like for you. Here are a few questions to help you along the way ...

- What personal changes do you want to make this year?
- What do you want to achieve?
- What resources do you already have that can help me do this?
- What support do you need? (Family, friends, experts / new skills to learn)
- How will you feel when you have been successful?

When you take the time to write down your thoughts and tap into how you will feel, it makes the idea a much more powerful and compelling one. Visualise your success and notice how great you feel. Immerse yourself in those feelings and then act like you have made that change now; have achieved that goal now; and are successful NOW!

The mind is a powerful tool and when you bring into focus what you need to help you get there you may find that resources and opportunities you wanted are suddenly within your reach.

During a goal setting session with one

of my clients recently we discussed how difficult she was finding the balance between working part time, running her own business on the side and looking after her husband and 2 children. She constantly said there was 'not enough time in the day'. When I asked her what would make things easier for her she paused for a moment and said ideally having nanny but she could not afford one of those. I asked her not to discount her need for a nanny and to keep this in mind whilst considering other ways of managing. Since we had that discussion she hasn't yet got a nanny but she has got help in the form of her young 20 year old cousin who is happy to collect her children from school, sort out their dinner and all for the price of a roof over head.

In other words bringing what you want fully into your conscious awareness opens your eyes to what may already be within your reach.

Your thoughts are the architect of your destiny' (David Mackay) so make sure your thoughts are forward thinking, uplifting and positive as you make 2011 your best year yet!

Dionne Edwards is a Life and Careers Coach dedicated to helping you achieve your goals and make positive changes in your life.

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