

Beyond Procrastination and Resolutions

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A resolution can be tricky-like-a-monkey mind game. If we don't clearly identify what is important to us, we may take ourselves in a meaningless direction or leave ourselves in a mucky rut. If we let ourselves down, which the statistics tell us is a probability, we risk decreasing our confidence. If we don't put a plan in place we minimize our desired outcome. So, how do we remain steady Eddy in our resolve to improve? Here are three basic steps that have helped others:

Acknowledge

Identify what is troubling you. What isn't working? It may be the quality of your health, relationships, finances, workplace satisfaction, personal time or cell phone. In response to November 2008's e-newsletter message, "Prod Yourself Out of Procrastination," a recipient wrote of her light bulb moment and identified a personal problem. She wrote, "I have been procrastinating big time and have family problems big time. I think there is an emotional connection."

Writing down your problem or dissatisfaction and goal can help cement it in your mind. Don't worry, you can always jack hammer it out if it's not a good fit. An old 1953 Harvard University study describes 3% of that year's graduates writing down their career goals. Twenty years later those 3% were worth more financially than the other 97% combined.

Face Your Pain

The most meaningful changes we make are often hard to admit. "Gee, my weight is in the category of obese!" At 30 years of age I decided to really acknowledge and feel the anger, sadness and embarrassment I felt about not finishing high school. Pain can often be an incredible motivator. I faced the fact that I hid behind my husband's intellect and chattered to myself with negative self-talk--"you're stupid." That has been my main life "broken place." Yet, as the book title reads, we're *Stronger In the Broken Places*, once we identify, face and then take corrective action.

Another way to think of the importance of emotions behind change resolutions is the sales training philosophy that says, "Emotions motivate. Logic justifies." Products sell that can help people avoid pain and/or move towards satisfaction. My emotions motivated me to acquire a BA and then a MA while my logic supported the idea of increased career options and earning power. When it comes to setting goals use your feelings to guide you like a good friend away from pain and towards personal success,

whatever that means for you. Imagine your face with a generous smile. Perhaps create a vision board with images of your life with your completed goal.

Put a Plan in Place

Eat the elephant and your goal in bite size pieces. For my first book, I posted a visual road map in my office of the first step, the second and so on, all the way to the day of celebration. You can also use the classic **SMART** acronym--Is it **s**pecific? Is it **m**easurable? Is it **a**ttainable? Is it **r**elevant—is it important to you? Is it **t**imed--when will it be achieved?

Barbara Sher's books and systems are immensely helpful in attaining personal goals. I was supported in a Sher based Wishcraft group to complete my first book and went on to organize groups for others. Look at *Wishcraft: How to Get What You Really Want, I Could Do Anything If I Only Knew What it Was* and *Live the Life You Love*.

Remember, *you are stronger than you think*, just like *I am smart than I thought!* Please let me know how your 2009 unfolds with your desired changes.

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