

New Year's Resolutions... The Wise Way Bring your vision to life

Want to know how to set New Year Resolutions from a place of inspiration and excitement? So they actually work?



- Relax! Midnight on the 31st December does not have to be the bewitching hour of decisions and commitments!
 - Think of New Year's Eve as a gentle start on a journey rather than the starting gun in a stressful race against time.
 - Christmas is over, so as you take your decorations down and get back into your daily routine take the time to clear out the old, ready to bring in the new. Clear your desk, throw out what's no longer needed or relevant.
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- Create some space in your home and your office. Make your surroundings feel inspiring and welcoming. The environments in which we live play a huge role in how we feel, mentally, emotionally and physically. How we feel impacts greatly on our success in life.
 - The end of the year is usually hectic and full, with little time to reflect or plan. Take some time in the first week of January to look back over 2017 and acknowledge what you achieved, the little things and the big ones.

Why? Reflecting on past events and acknowledging our achievements is not something we usually take the time to do. It is in fact a powerful process in enabling you to –

- Become acquainted with yourself at a deeper level and embrace who you are at your core.
- Flush out the things that hold real meaning and purpose for you.
- Get clear about the things that excite you.
- Ensure your goals are coming from a place of inspiration and authenticity. Which is the **ONLY** way they will succeed!
- Understand what you value deeply in life and what you can let go of.
- Recognise the people you want to walk beside you in life.
- Release the need to be good at everything and ensure your motivation comes from a place of well-being rather than comparison, limitation and lack.

Acknowledgement Process

Sit down with a cup of tea and your journal or some writing paper!

1. Name all the different 'hats' you wear and the roles you play in your life.

Consider ALL areas of your life, for example: job role, mother, daughter, sister, wife, partner, friend, colleague, neighbour, committee member, volunteer, grandmother, grandfather.

2. What are the key things that you do in each role?



For example:

When you're wearing your "mother" hat you, drive your children to school, give advice, listen, play with them, keep them healthy, motivate them.

Start to dig more deeply for recognition of all the things you do. Pay close attention to your internal dialogue that may disregard these activities as insignificant or trivial. Take your time, as you uncover the true extent of the different roles in your life.

3. Identify the many qualities you bring to these activities as you multitask each day.

Enjoying bringing forth these qualities does not discount them, they are still valuable attributes you have.

For example: compassion, understanding, expertise, love, empathy, patience, flexibility, generosity,, energy.

4. Think about an occasion recently when you used one of these qualities and identify the impact this had and the ripple effect of your action.

For example: My kindness, patience and expertise enabled me to help my co-worker overcome a problem they were finding difficult to understand. Because of my action they are now more confident, capable and less anxious. They will carry this experience into their life affecting those around them, such as their colleagues, children and friends in a positive way.

You might find that your mind can minimise the effect of your actions and characteristics, telling you "it was nothing", "I'm sure anyone would have done the same". Changing your focus and recognising your successes has an enormous positive impact on your sense of what is possible in your life. Be mindful of the inner voice that minimises your attributes and achievements and how far reaching they are.



5. Now you have identified some of the key qualities that make you the unique and powerful person that you are, close your eyes and allow the felt sense of your positive characteristics to be present. Spend time recognising these aspects of yourself, savour and enjoy the feelings that this realisation brings.

6. Finally write down an intention or affirmation that will help you to recognise and remain in touch with your unique and positive characteristics and talents.

Write this as a positively worded statement in the present tense then visualise yourself with these attributes and embody the feelings this affirmation brings .

For example: I am kind and patient and bring my unique gifts and intelligence to the people in my life.

7. Over the coming days allow these insights to be alive in your mind and body and nurture along the process of discovering what it is you want more of in your life this year.