



LIFEWOR^K
Coaching

NEWSLETTER

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Creating Intentions That Work in the New Year!

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Creating Intentions That Work in the New Year!

For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

Creating Intentions That Work in the New Year!

Do you remember when you were a kid and you got to see your favorite show all over again as a re-run? This article, that premiered last January, is one of my favorites. I wanted to share it with you because I think the message is critically important to your happiness and success in the New Year.

Wishing you a New Year filled with love and joy,

Denise

Did you know that only three percent of New Year's resolutions are ever realized? In fact, studies have shown that 60-80 percent of our resolutions are broken and forgotten within the first two weeks!

Even though resolutions don't seem to work all that well, the beginning of the year is a time when people are thinking about making a fresh start, setting and achieving new goals, and making changes to improve their lives.

In this issue, we'll take a look at why typical New Year's resolutions don't work and, more importantly, what we can do differently to succeed in making positive changes in our lives.

Let's begin by looking at the definition of the word *resolute*, meaning "characterized by firmness and determination." Webster's uses the example of "standing resolute against the enemy." Isn't it interesting that the very definition of the word implies that we must battle *against* something?

Whenever we *resolve to resist*, we're *pushing against*... negating instead of affirming something. When we resist, we give the

object of our resistance power over us. It's a paradox... *what we resist persists!*

A dear friend of mine resolved to start the South Beach Diet last week. She had already been eating a salad almost every day because it's always been one of her favorite foods. Yet, within a few days of starting the diet, she felt resentful and victimized by *having* to eat salad. Hmmm...upset about the very same food she used to enjoy every day.

The bottom line is that we end up feeling persecuted by our own resolutions!

The problem with most resolutions is they are stated in the negative, and because of that they're rarely realized. For example, "I'm not going to eat sweets anymore." It's human nature to refuse to tolerate deprivation.

Create Intentions Instead

So let's look at the power of creating *intentions* instead. An intention is "an aim or purpose that guides action." Ahhh... can't you just hear the freedom and empowerment in that? It's not just semantics. It's a totally different way of *being*.

When I intend to do, be, or have something, I'm creating a vision of the future that inspires me, empowers me, and **propels** me toward that future.

Imagine what you want your life to be like, especially in the particular area you want to impact. Think about the ideal. Focus on what it would look like *if you absolutely could not fail*.

Be very specific. Feel it... taste it... See yourself having what you want in glorious living color with all the details filled in. Commit your vision to writing and imagine it often.

When your intention and vision are clear, goals and action steps easily fall into place. New ways of doing things simply appear. You'll find yourself inspired to "be" different.

And after all, wouldn't you rather feel inspired and empowered than obligated, disappointed, and guilty?

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