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Your Year Starts Today

**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.**

**Your Year Starts Today**

It's New Year's Day, January 1, 2007, and all I can think about are my New Year resolutions.

It's odd. I don't often think in terms of "resolutions." Usually I speak of "intentions," which are the mirror opposite of traditional resolutions.

But this year, I'm FIXATED on feeling "resolved." Resolved to get back to regular exercise. That's the BIG one that's been bothering me. I've been talking to myself about it every day but not doing much about it.

If I were being honest, *I really don't **feel** like going to the gym at all.* But I know I should. I know it's good for me. I know I feel better when I exercise regularly. And I definitely want the result it brings.

I want to have more energy. I want to feel better about myself. Get my body going. Tighten up. Get back into a routine where going to the gym even sounds like a good idea... maybe even fun... maybe even something I don't want to miss.

I've been there before. I remember how good that felt. I'm committed to finding a way to feel like that again.

I know my life would be significantly better if I exercised four days a week. And the truth is... I've been saying this for quite a while and not doing it. So today I'm looking at what it will take to get me going.

This is my plan. I am:

- Declaring my commitment to you. So that you, my readers, will help to hold me accountable. Exercise four days each week.
- Asking YOU to declare your commitment to me. It doesn't have to be about exercise. What is it you want for 2007? Maybe this is the year to make a "go" of your business or be in a relationship again. Whatever it is, say it OUT LOUD.

Reply via email and share your commitment. Agree to check back with me in a month and let me know how you're doing.

- Planning to publish our results in next month's newsletter. This will serve as a reminder to all of us to stay on track.

You ready to play? Hit "Reply" and share your commitment.

To further help myself, I've put other structures into place to remind me and keep me on track with my exercise commitment.

- Put an exercise chart – front and center – on my refrigerator that I check off each day.
- Scheduled times in my calendar for each day that I'm exercising this week.
- Copied my health and fitness coach on this commitment. We've set up a practice where I'm checking in by email daily.

So, whatever your commitment, implement some structures that will support you. Post reminders. Schedule time for whatever you're committing to in your calendar or blackberry. Have others hold you accountable. Use a coach or a buddy. Get serious.

*Here's the bottom line. No matter how I feel - each and every week - I commit to four days of exercise. No matter how I feel. No matter how busy I am. No matter what.*

*If I want to feel energized, healthy, and robust, I have to do X. That's what successful people do. They just do X. Consistently. Routinely. Even when they don't want to. No matter what.*

Well, today, I'm blessed, because X is a walk in the park with my boyfriend, Tom, on this beautiful, sunny New Year's Day.

It starts today... *and it looks like fun!* Happy New Year!

Love,  
Denise

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This free publication is produced monthly and features inspiration and strategies for building your career or business while creating more time, balance, and joy in your personal life. Your feedback is always welcome.

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