

Success Secrets for Fulfilling New Years Resolutions

Can I change? Change is like a car rolling downhill with no brakes. It is occurring in you with or without your direction. Will you steer? Change is unstoppable. Like a river –life runs toward entropy or decay. Change is occurring in you with or without your knowledge and with or without your consent. Make sure your changes are happening in the right direction! Positive change is easier when we take on a certain view or perspective, use time-tested principles and successful methods of change. Here are some ideas that may help you steer your change in the desired direction.

Practical advice on how to make sure you succeed at your goals:

Set goals that are:

- **Achievable** –make sure that your goals are something that can be accomplished
- **Reasonable** –don't bite off more than you can chew. Budget time and energy.
- **Measurable** –measure your progress in the number of times, days, or success events.
- **Progressive** –start with little goals that increase over time as you succeed.

Essential Ingredients for change:

- **Power** – Power to change. Ask yourself if this is realistically possible.
- **Paradigm** = Desire or vision –you have to be able to imagine the target in order to hit it.
- **Principles** – The “what to do's”. Find and use the principles of success for your particular goal.
- **Processes** –“How to's” These are the specific ways of implementing the principles of success.

Practical steps for change:

1. **Evaluate** yourself – tune in to what is in most need of change in your life.
2. Get a clear **picture** of what you want to change. What does success look like.
3. Make clear **plans** of when, where, what you are going to do differently in the future.
4. **Identify & overcome** things that would make your change difficult.
5. **Talk** with supportive friends and tell them your plans –ask them for their advice/support.
6. **Evaluate:** Set a date time and get a partner to review your progress and readjust your plans to continue to target success.
7. Learn ways to overcome failure and **start again**.
8. **Rewards:** Set up rewards and punishments for yourself in small medium and large increments as you progressively meet these goals.
9. Set up a **maintenance plan**

Feedback is the breakfast of champions ~ and we thrive on it!

Send your success stories to Crossroads1@alltel.net.

Whether the change is small or large the same principles will apply. If you are having trouble meeting these goals you may need additional support or advice to apply these solutions for life. More serious issues may need special care or training. Crossroads has several options and periodic workshops to help you. If you need more individual coaching or additional solutions for life feel free to call Crossroads for more information or a free consultation. We would love to help you succeed in your personal/family and business life. (803) 808-1800. or e-mail us through our website at SolutionsForLife.org. You can change!