

## Every Day is New Year's

What are your goals for the new year? What are you creating?? New Year's is always a time for looking at what you've accomplished over the past year, and what you intend to create during the coming year. It's a time to gather the lessons of the past and use them to powerfully create your future. It's a time to remember both the successes and the failures, realizing that both are vital parts of life, and that both success and failure provide us with the tools required to design our lives from what we *want*, rather than from avoiding what we don't want.

*New Year's Resolutions* have a habit of being just another place where we quickly become resigned and cynical – we've all failed at keeping those great sounding ideas before! But consider, we say what we want, but then we don't put anything into place to support our accomplishing that goal. This year, ***try something new: find a partner*** in keeping your resolution(s)! Find someone who will either benefit from your accomplishing your goal, or someone else who is out to accomplish the same or a similar goal. Set up a schedule of regular communication – probably at first it will need to be daily, until you form the habits that will support you in accomplishing your goals. For these communications, we use a three-tiered format:

*"What's Working?"*

*"What's Not Working?"*

and *"What could we add that could produce the result?"*

It's amazing what happens when you use these three simple questions. It is especially important that you start the conversation with "What's Working?" This lays a foundation of accomplishment, and acknowledgement of the results you're producing. Standing on that foundation of accomplishment, it is much easier to look at what's not working (which is where you can go to work!) And then bring the power of creating: looking at what actions you could add, that could produce the results you intend.

One last note about New Year's Resolutions; what if you ***make every day New Year's??*** If you think about it, it's always the first day of a new year: it's the first day of the rest of your life! Make your resolutions daily – newly (hint: that's how you keep any resolution over an extended time!) Make the most of it, today! Say what you want, and then take the actions to ***REACH YOUR GOALS, and REALIZE YOUR DREAMS!***

Visit [www.empowered-enterprises.com](http://www.empowered-enterprises.com) today for additional career coaching, seminars, tools and resources!