

12% of Islanders will Change their lives for the Better in 2014, Will you be One of Them?

73% of us apparently set ourselves new goals in the form of New Years Resolutions every year. Why is it according to statistics only 12% of us make significant improvements to our lives after setting out at the beginning of a new year with such resolve and focus?

Mark Shields Explains

A wonderful and happy new year to everyone, 2014 looks to be filled with great creativity and abundance. Experts and professionals in diverse fields are saying that this year has the potential to offer, unprecedented opportunities to those willing to take them due to a combination and culmination of events in the sectors of finance, science, self awareness and world connectivity.

New Years Resolutions - The correct definition

A New Year's resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day.

Why is it so difficult to achieve our New Years goals?

The facts

Recent research shows that while 73% of us were happy to try doing something different in the New Year, only 52% of participants in a resolution study were confident of success with their goals and only 12% actually achieved them.

Men achieved their goal 22% more often when they engaged in goal setting, (a system where small measurable goals are being set, such as, a pound a week, instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends.

What do the facts teach us?

The facts teach us what all members of the Life Coaching community already know and adhere to in full with their clients every week.

If you always do what you've always done you'll always get what you've always got.

This is fact, if you want to change then you have to do things differently, however this is only the beginning.

The facts above showed 22% more men achieved their new year's resolutions when they set themselves specific goals and women achieved 10% more when they publicized their goals to family and friends.

Let me share with you the professional life coaches BIG 6 golden steps to ensure you achieve your goals.

The Big 6

1. Ensure you apply the goal setting principle CSMART to each of your goals. CSMART stands for.
2. C =Commitment you are wasting your time if your not serious about achieving.
3. S = Specific Ensure your goal is real to you and the results are easy to see and feel.

M= Measurable Ensure when setting your goal the results can be measured and progress monitored. When you see progress being made you will pick up momentum and take more action which in turn will generate better measurable results for you. Levels of confidence and belief increase and away you go.

4. A=Achievable If you set unrealistic goals they will seem you will quickly lose confidence and belief and your plan has a good chance of failing and often wont get off the ground.
5. R=Realistic be realistic but challenging when setting your new years resolutions. It will help with sustaining your program and action in achieving your goal.
6. T=Timescales Most importantly of all. Focus and direction are vital when implementing change in your life and you need to be organized with set and clear timescales and objectives from the outset.

A personal tip from me is ensure you focus on a maximum of 3 goals at any one time. You will lose focus if you work on more than that.



The Next Step

Once you have decided on your new year's resolutions the next step is to write each one down ensuring the written goal has all the components of CSMART illustrated above.

You would then set a maximum of five actions per goal in the form of a structured and formalized plan and also write them down.

Importance of follow through

It is common for some people to fail with achieving their new years resolutions as they miss one final step in the holy grail of goal achievement. Follow through.

Reviewing, monitoring, re evaluating are all vitally important on the journey for change and its important you enjoy the ride.

Set yourself a regular review period and time and stick to it.

In my world of life coaching this is known as the GROW model.

G = Goal

R = Reality what you have achieved

O = Options, what can we do differently

W = Way forward

If you follow the model and steps I have outlined above you will already have a minimum of 22% more chance of achieving 2014 new years resolution than you had before you read this article and that assuming you just write the goal down.

Think what extra you can achieve by applying the full CSMART and GROW models into your 2014 goals. Your results will astound you.

The top three New Year's resolutions for 2013 were:

- Weight Loss
- Getting Fit
- Enjoying Life More

As an exercise apply these new principles for 2014 and just see how much you can achieve.

Happy New Year to you all.

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