



Happy New Year!

Yes, I really do wish you happiness. I have no idea what form that happiness will take for you, but somewhere in your happiness I suspect that there will be warmth, love and support for you and being surrounded by people who accept you as you are. So yes, I definitely wish you happiness for the year ahead.

In other years I have set goals at New Year, some of which I have achieved and many more that have fallen by the wayside for any number of reasons. In fact I am mindful that the general accepted view is that over 80% of New Year resolutions have fallen by the wayside by the end of January. So this year my focus is going to be somewhat different. I am going to focus on the daily and weekly actions that I will need to take in order to achieve my goals. What does this mean in practice? Let me explain.

As always, I want to be fitter and healthier. Also I have made the decision to support the "Dress for Success" charity in Cork. This charity supports women back into the workplace. There are a number of ways in which I could support this charity but I have committed to giving 2-3 hours coaching per week.

The key action step that I need to take is to structure my own work so that I block the time each week that I make myself available to the charity.

I also need to be very clear in my communications with the charity so that they know what resource they have available. They have been made aware of that I will need one of their consultation rooms, and that they will organise the clients that I will meet. They also know what I can and cannot do.

Equally important however is I need to include action steps with the charity that are based on my fitter, healthier me goal. When I am in the offices of the charity, that they know that I really don't want the biscuits or the coffee but really would prefer to stay on the green tea. And so my further action step is to make sure that I have some green tea in the kitchen of the charity to ensure that I can keep my health goal on target.

The individual action steps are small, manageable and very definitely easily achievable. And so my challenge to you this week as you celebrate the start of the New Year is to identify the individual action steps that you need to take on a daily, or weekly basis to achieve your goals. Take the opportunity to focus on these steps and you will move steadily towards your goals.

Warm Wishes

Mary

If you would like support to identify and clarify your small actionable steps then do give me a call.