

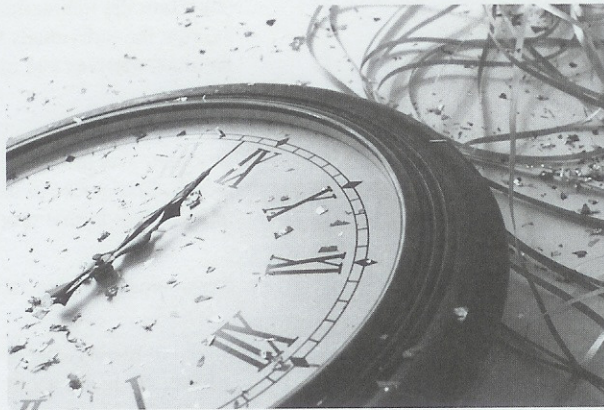
NEW YEAR'S RESOLUTIONS: TAKE ACTION IN THE NEW YEAR!

It's that time of year again when we start talking and thinking about New Year's Resolutions even though they're old hat and we instinctively know they don't work. Because your friends, family and colleagues may chat about what Resolutions they're going to make, do you find yourself wondering whether to make any? The main reason some people think about New Year's Resolutions is because they want to change things in their life.

There are the usual Resolutions, such as "I want to lose weight or stop smoking" but they tend to be the same ones you've had for years and they're still incomplete. These types of Resolutions are too vague. It's this vagueness, coupled with lack of action, motivation and confidence that causes most people not to achieve them. For Resolutions to work, they need to be well thought out, realistic and have real meaning. If not, they become a vague item on your "wish list" instead of actually doing something concrete about them.

What about committing to New Year changes and actions, rather than Resolutions? The key to achieving what you really want in life and business is to take action to achieve those changes. The changes need to be realistic and gradually build up to a positive change throughout your life. It's the lack of action, motivation and confidence which stops us from having what we most want. What you want will be different for each individual and may include:

- More time in your personal life
- Less stress and more fun



- Greater business and career success
- Balance between work and home
- Altering your management or leader style

Thinking about New Year's Resolutions may have made you aware that there are some changes you want to make. Take steps on a consistent basis to make these changes, rather than vaguely tossing Resolutions around and not doing anything about them. It's a powerful feeling to

know you have a year ahead of you and you can choose what you do with it!

Here are some tips to keep you healthy and smiling throughout 2007 and help you achieve your resolutions:

Start the year fresh by ridding your house and closet of things you don't use or haven't worn in over a year. Let it go!

Change your appearance with a new hairstyle, brighter smile, or a new look with your style of clothes. It will increase your confidence and help you achieve your goals.

Make changes for a healthier you, both physically and mentally. Eat more fruits and vegetables and less unhealthy foods. Drink more water, and become more active. Try a new sport or activity.

Commit to do one thing a day that will motivate you and improve your mental well-being. Play your favorite song on the way to work or school. Perform a kind act for someone else. Volunteer at a local charity. It's amazing how helping others increases your motivation and creates positive energy within.

Remind yourself daily of your goals for the New Year. Make sure your goals reflect what you want and are meaningful. Break your big goal down into smaller goals and be specific. Be prepared for setbacks and be patient with yourself when achieving your goals. Keep track of your progress and reward yourself when you do achieve a goal.

Quote of the Quarter

"Experts say it takes 21 days for a new activity to become a habit and six months for it to become part of your personality."

- Author Unknown

