

Off and Up!



It's a New Year and with it comes a landslide of New Year's resolutions. Personally, I don't like the idea of making resolutions. It gives you a false perception that you've got an entire year to achieve your resolution. I like short term goals or working for 28 days to forge a new habit in your life.

I may not be a fan of resolutions, but I love the word resolute. Resolute is defined as: marked by firm determination; or: bold or steady. Synonyms for the word resolute include: decisive, do-or-die, firm, hell-bent, intent, purposeful, and determined. Get the idea? Keeping that kind of energy is better being used within short bursts of time, not for an

entire year.

I also think that most resolutions plant the picture that you need to correct a wrong within your life. You know those resolutions. I need to lose weight, I need to gain weight, I have to stop eating chocolate, and I should exercise more. Resolutions are filled with needing, have to, and should. Talk about your feeling vulnerable and inadequate!

Why not start thinking of the concepts such as: stepping up to a challenge, developing a new skill, learning something new, or growing a new habit. Puts things in a more positive perspective, doesn't it?

Love yourself. You're perfectly okay to start things off slowly. Make a short-term goal for the week approaching. Write it down. Use a special calendar and write the goal across the entire week. See that it gets done. Check it off. Use a different color ink so it stands out. This emphasizes your sense of accomplishment. This can be a small goal that you can complete in the week or it can be a small segment of a larger goal that you have in your mind to accomplish. When this goal is completed the next day is the beginning of your new week. Set two goals. After completion of these goals once again it's a new

week, a new week with you setting three goals. If you didn't get to finish the three goals inside of one week, stick with three goals for the next week. Make sure you include the goal or goals you didn't finish the week before. Don't let an unmet goal slip away.

Once you get in the rhythm of things and your goals are starting to add up you can set a goal for each day. Expand your list to multiple goals for each day being listed to be accomplished. Remember that these may be mini goals which are part of a larger goal.

What will this accomplish? You can pursue your dream(s) on purpose, you can stare down your fear of failure, you eradicate wasted time and procrastination by putting your time to good use, you develop a good sense of determination and perseverance, and you gift yourself with accomplishing your goals.

Have a resolution and struggling to keep it?-Shake it Off! Instead-create some movement-Shake it Up!

With Gratitude,

Kai