

2010 Resolutions



If you are thinking about making one, the key component to a successful New Year's resolution is...**resolve!**

Resolve is a promise, a pledge, an oath or vow, a declaration of a drive and determination to move beyond what we've previously accepted from ourselves or the world around us. Above all, our level of resolve is a choice, and one we make consciously or unconsciously every moment.

We can gain leverage on ourselves and amplify our resolve by taking a moment to answer the following questions.

1. What specifically do I want?
2. What will it get for me or allow me to do?
3. What is the cost of not getting it?
4. What am I prepared to do to get it?
5. What am I not prepared to do to get it?
6. How will I know when I have it?

Action is a defining factor in the lives of those who are active agents in the creation of their future and not passive recipients of it.

If we're honest with ourselves, we know there are things that we want to be doing, should be or need to be doing that would bring more happiness, peace and fulfilment to our lives. Take action now, spend a moment writing on the pages below one (or more) of those things that would add to your happiness, peace or fulfilment.

Resolve within yourself now that past is past, here and now you create your future, and in your life excellence is what you truly deserve and actively pursue.



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1. What specifically do I want?

We can tend toward generalisations when we answer this question, like, "I want to be healthier" or "happier". But those answers aren't at all specific. What does that picture of the healthier/happier you look/sound/feel like? Get down to as finer detail as possible

What I specifically want is

2. What will it get for me or allow me to do?

What it will get for me/allow me to do is

3. What is the cost of not getting it?

The cost of not getting it is

4. What am I prepared to do to get it?

I'm prepared to

5. What am I not prepared to do to get it?

What I'm not prepared to do is



