

New Year's Resolutions - With a TWIST

Contributed by Kimberly Schick-Puddicombe
Friday, 27 February 2009

Did you know that by not making resolutions you are not allowing yourself to have a fulfilling life? What you might be asking yourself? Well by not writing down goals – which is vital to all businesses so why would it not be vital for your personal life as well; by not finishing or starting you are instead procrastinating the scary potential or the outcome. Procrastination can lead to you to not conquering your fears and in fact not getting ahead.
{mosbotwordcount}

Have you given up making resolutions?

Do you think they are hokey?

You know you won't follow thru anyways so why even try to make one?

You can hardly make 30 days. And really what needs 365 days of fixing?

I looked it up and here is what I found:

res•o•lu•tion

Pronunciation: re-zY-lü-shY

Function: noun

1: the act or process of resolving: as a: the act of analyzing a complex notion into simpler ones b: the act of answering: solving c: the act of determining.

{bot_wrgoogle}I have not made a resolution in two years, not with a pen and paper anyway. I secretly thought of things and left them in my mind, knowing it wouldn't get done and so this year I am trying something a bit different and

I Triple Dog Dare you to try it this!

(Yes, these are my Dogs, Kasper, Kiwi & Kenya)

Instead of one resolution I am going to make 12 resolutions.

Now how daring is that!!

Here is the twist.

A new one for every month of 2009; Yes I am going to committed to something new each month. I do believe there is truth in the fact that you can change a habit in just 21 days. So if I can do something for 30 days it should be easier to flow into the rest of the year. Just think I get to start each month fresh, no guilt about what did or didn't happen with the knowledge that I will work thru the resolution every month both personally and in professionally.

Here's what happens if you don't make a resolution!

Did you know that by not making resolutions you are not allowing yourself to have a fulfilling life? What you might be asking yourself? Well by not writing down goals – which is vital to all businesses so why would it not be vital for

your personal life as well; by not finishing or starting you are instead procrastinating the scary potential or the outcome. Procrastination can lead to you to not conquering your fears and infact not getting ahead.

Don't believe me, ask yourself this, have you taken a class in which you have not done anything with the new knowledge you have gained, but you know of at least three things during that class that you said "yes"; this is easy? Or have you started a project and never finished it completely? Well I have a quilt I started 2 years ago and I am going to get it finished. Next, ask your self how many times you have thought about the project or how many times have I looked at my son's bed and wished the quilt was finished. The time I have spent over the year thinking and wishing I had completed the project would have probably been 3 times the amount of time it will actually take me to finish the project. That is where the stress and frustration come in.

Let's make it EASY!

I hear you already, If you can't make one resolution how do you find 12 different resolutions? Here is the easy part, I never said I was going to make them so hard that I would dread doing them.

You have to write them down - that is vital.

I have come up with a few ideas on the right hand side you can use or think about what frustrates you thru the year and try to pick a month that it works best to focus resolving that goal. My business coach always tells me to "15 Minute"; my way along. And It works. I bought a timer and commit to doing projects '15 minutes' at a time and then move on to the next item.

If you come up with one of your own that you would like to share, send me a email
Take your commitment serisiously and tell me you are going to take my Triple Dog Dare email me and we can help each other. Everyone needs a bit of help now and then. Even ME.

Kimberly Schick-Puddicombe is the Founder and Publisher of Moms, Dads and Kids. & The Little Black Book for busy families". Her transition from full time marketer with a demanding career to full time mom with 2 fabulously active kids had her on a constant search for things to keep them occupied so she launched Alberta fun finder website <http://www.momsdadsandkids.com>