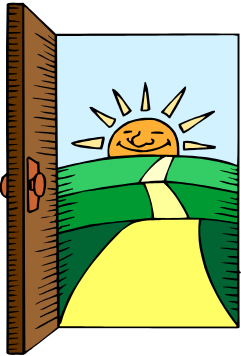


THE SIMPLE LIFE

Issue 8

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Deciding is the key...



Simplicity Life Coaching Ltd.

Find the Joy and Let go of the Struggle. Helping you de-stress, simplify and prioritise what you want from life and yourself!

Every 'New Year' millions of people around the world take the opportunity and resolve to do something differently with their lives in the year ahead.

Of the many people who set resolutions each year, many give up part way through. Gyms get really busy in the New Year and by the end of January, numbers are already dwindling. According to statistics I read somewhere, 23% of resolutions are broken in the first week and 45% by the end of the month. So, let's see what we can do to improve those ratios and if you don't usually set resolutions, maybe this e-zine will have some of you looking at resolutions differently.

If you know someone who is looking for balance, inner peace or to work on becoming their authentic self, then our contact details are at the bottom of this newsletter. Whether you want more information or just a quick chat, simply pick up the phone or email me!

As always I am inspired by my family, friends and clients - thank-you.

Have a wonderful month, *Emma-Louise*.

THOUGHTS FOR THE MONTH

"Age wrinkles the body. Quitting wrinkles the soul"
Douglas MacArthur

"Lead me not into temptation; I can find the way myself"
Rita Mae Brown

"The Resolutions Within"

If your resolution is on its way out or perhaps you've already given up, you have another opportunity with Chinese New Year on January 29th. It's the Year of the Dog, and some Dog qualities in the Chinese zodiac are loyalty, stubbornness and inspiring confidence – let's use these qualities to keep our resolutions this year!

The dictionary definition of a resolution is 1. the act or an instance of resolving. 2. firmness or determination. 3. something resolved or determined; decision.

I wonder if the reason so many people fail at resolutions is simply because they aren't 100% committed. We've all had that experience of really wanting something and then just going out and making it happen. We met obstacles but found ways around them.

When you want something enough you FIND a way to MAKE it happen. The dictionary uses the words 'firmness', 'determination' and 'decision' to describe resolutions. But all too often they seem to be things we would 'like' to do, or perhaps feel we 'should' do and the key elements of COMMITMENT and DECIDING are missing.

So, if you are not on course to keep up your resolution or perhaps have already 'given up' ask yourself, "Did I really DECIDE to do it, or was this just a 'nice to have'?"

In coaching, when people express goals and repeatedly avoid their self-set actions it's time to explore where they are holding themselves back. There may be plenty of good reasons for wanting the goal, but there may also be some hidden resistance we are not aware of. This is sometimes called the 'secondary gain'. What are you gaining by staying just as you are? Maybe in the case of a fitness goal, you get to stay in bed longer in the morning or you get to continue enjoying your daily doughnut. Sometimes the secondary gain is at a more subconscious level – we sabotage ourselves subconsciously to remain in our comfort zones rather than push those boundaries and experience the resulting discomfort.

The famous motivational speaker Anthony Robbins says it's all about pleasure and pain. When the pain gets bad enough, we WILL do something about it. But often the pain of where we are at the moment simply isn't bad enough for us to make the changes we think we want. Simply put, we choose to put up with ongoing familiar pain, rather than take the 'hit' of unknown and unfamiliar short term pain to change our habits, take new actions and move to a better future.

Perhaps you now have a better idea of why people don't meet their resolutions, so on the next page are some tips to help you set better resolutions going forwards!

RECOMMENDED READING

1. **Living Your Best Life**
Laura Berman-Fortgang ISBN: 0007111835
Being happy apparently doesn't have to be hard. Ten simple steps like learning to ask yourself questions that move you forward in life and focusing on learning what you really want instead of trying to have it all.
2. **Unlimited Power**
Anthony Robbins ISBN: 0743409396
Harness the power of your mind to create what you want for yourself in life. Form the habit of success!

INTERESTING WEBSITES

<http://www.mibosoradio.com/>

Recommended by a fellow coach (thanks Elena!). Want to learn more about coaching, or pick up a few tips on how to improve your life? An internet radio station of interview recordings with famous self-development and coaching experts.

<http://www.thework.com/index.asp>

Katie Byron has a simple 'formula' that encourages us to question our limiting beliefs and avoid overwhelm by taking one thing, one day at a time.

There is no such thing as... "Failure"

There is no such thing as failure, only feedback. No mistakes, only results. There are no errors, only learning.

Sometimes, despite our best efforts, things just don't work out the way we would like.

When it comes to resolutions, the chances are that there will be occasions when we 'fail' or regress to old patterns. Habits are hard to break - otherwise they wouldn't be habits!

Try EXPECTING that you will 'fall off the wagon'. If you expect it you won't be disappointed. When it happens, look inwards and get a feeling for, or ask, what caused the slip? Now ponder what you can learn from it - what can you change, avoid or do differently next time?

Be KIND TO YOURSELF. It's no fun if you're beating yourself up every five minutes - no wonder we revert to old behaviours. Try seeing 'Failures' as disguised opportunities - to refocus on our goals and remind ourselves what we set out to do in the first place.

♥ **THOUGHT:** "Forget the mistakes of the past and press on to the greater achievements of the future." Thomas Jefferson

WORDING

Words have a much larger impact on us than we realize:

1. The brain doesn't hear negatives, so if your goal is to stop biting your nails your brain repeatedly hears "biting your nails". State your resolution in the **positive** eg. "have beautiful nails" so the goal is reinforced each time you think it.
2. Try stating the resolution in the **present tense** - not as a future state - but right NOW. After all you have made a **DECISION**. I AM a non-smoker, I AM a good listener. Now **BE** that statement.
3. Often it's seeing progress or an improvement that spurs us to keep going. Is your resolution **specific and measurable**? How else will you know you are succeeding or on track? Use dates and measures to make the goal specific.

"Anytime words alone stop you doing what is important to you - change the words."

Moshe Feldenkreis

You can't grow without discomfort. All growth requires change - and change means things will be different. When things are different we need to adapt and learn. If you feel uncomfortable, it means you ARE growing...Celebrate!



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If you know someone who might enjoy this e-zine, simply forward it on or ask them to send a blank email to newsletter@simplicitylifecoaching.com

REMEMBER

Resolutions and new years give us another opportunity to let go of the past and define the future we want.

- ☆ Choose **ONE THING** to focus on. Don't spread your attention too wide.
- ☆ Choose something for **YOURSELF**, not because someone else (or your inner critic) wants it for you.
- ☆ Keep it **SIMPLE**. If the resolution is **TOO** large a change, it will be all too easy to fall back to 'old habits'.
- ☆ Make it **WORTH** doing - challenging enough to hold your interest and make you feel good when complete.
- ☆ Ask yourself, **WHO** do I need to be to achieve this? Write down these qualities and remind yourself often.
- ☆ **TELL PEOPLE** you trust and ask them to hold you accountable.
- ☆ If you have a long-term goal, choose a **TRANSITION** step as your resolution and create a firm foundation for your future.
- ☆ Commit yourself & **WRITE IT DOWN!**

*So, when setting a resolution, instead of saying I'd like or I want to - make a **DECISION!***