

Revisiting Resolutions

Talk about New Year's resolutions now? But It's June!

"I can't remember what they are."

"I don't want to think about it."

"I didn't make any to begin with."

"What's a New Year's resolution?"

Sound familiar?

IS IT TOO LATE TO TURN YOUR RESOLUTION INTO A WORKABLE PLAN? The answer is a definite 'NO.' Here are some common scenarios...



Situation: I made a resolution and forgot about it.

Solution: Create a plan to go along with that wonderful resolution of yours! A resolution is really a dream or a wish, and it stays that way unless someone comes along and adds some 'oomph' to it (that would be you!). If it doesn't have concrete steps to go with it, and unless a family member is a bona fide magician who can grant wishes just like that, your dream won't become a reality. It needs some action steps. * Check with yourself, though, to make sure that the idea you had in January is still your dream today. Sometimes figuring out the first couple of steps is the hardest. Don't get us wrong, though, dreaming on your goal is important – we all need a vision and a direction. *

Situation: I made a resolution, started out ok, but ran out of steam and stopped working on it.

Solution: Before you jump back in, take a few minutes to think about your resolution. Is it the right one for you? In other words, does it fit what you are trying to accomplish? Is it still relevant? Did you bite off more than you can chew? Sometimes we make grand plans that have no real place in the reality of our lives. If this is the case, think about altering the plan, narrowing your focus, or cutting it down to a reasonable size. * You'll be just as proud of your results when your goal is more focused.

Situation: I didn't make any resolutions at all, and I wish I had been working on (fill in the blank).

Solution: Unlike typical New Year's resolutions, you've probably had some time to think this one through. We can call it a 'behavior change' or just a 'change' if that sounds better. By now you probably have a pretty good idea of the advantages of taking on this change as a challenge – both the work it will take and the rewards you will get. Congratulate yourself for taking the time to think on it. Since you don't have any artificial 'deadline' to beat, and since you can be moderate in your change efforts rather than going for broke, you have a much better chance of success. When you build your plan, remember to be reasonable, moderate, and kind to yourself. Allow for slipups without mentally beating yourself up. Include in your plan a mini-plan to get yourself back on track -- or to make a few tweaks. * Jot down the motivational tools that have worked for you in the past. You're facing this like an adult with a good sense of your strengths and skills -- and your weak spots and things you don't enjoy doing -- so you're ahead of the game. The idea is to build a plan that works for you*, not something that someone dreamed up (you?) with 5 minutes of forethought.



Situation: I HATE making resolutions of any kind.

Solution: Don't call it a resolution. Call it a dream, a goal, or a working idea instead. If you look at it from a slightly different angle, you are in charge, not some mysterious somebody who's keeping score about how you do. You are responsible to yourself for the plan, the results, the challenges, and the successes. *



Situation: I don't know how to get started.

Solution: First comes the idea. You've got that. Next come the steps to achieve your idea. Those might be a little harder to come up with. If you've tried before and not been successful, you may have expected too much of yourself or taken too much on at once. Or you might not have been ready to make a change.

It's important that the thing you want to change is meaningful to you and that your efforts will create results that are valued by you. You may also want to take a little time to think about the things you've done in the past that have led to successful outcomes, as well as the ways you may have been tripped up (or tripped yourself up).*

So, what do all those *s mean?

You don't have to do it all by yourself. You won't be any less proud of your process OR results if you use some support.

Using a Ulliance coach to help you reach your goal is a great idea.

Want to find out more? Read about it online at or call 800.448.8326 to talk with one of our professionals about what coaching is and how it can assist you in making that change. And please forget about making resolutions! With assistance from a Ulliance coach, you can create real change instead.



**Ulliance provides no cost, confidential, short term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**