

## ***"The Resolution Revolution"***

Every year millions of Americans commit to writing down lengthy lists of New Year's Resolutions. However, for most people the end of the year comes around and they find that they have not come close to accomplishing the myriad of lofty goals on their list. Quite a few of us can't even find the scrap of paper we wrote our list on! So, in 2007 we are starting a "Resolution Revolution". This year resolve to do your New Year's Resolutions right.

So, how can you increase your odds of achieving the resolutions you've set for 2007? Here are some helpful guidelines:

1. Have a strong initial commitment to make a change. Throwing together a laundry list of "wishes" is not the same as tackling those areas in your life that you are truly committed to changing. You'll need to make your list carefully, and even more importantly, have coping strategies to deal with the problems and issues that will arise.
2. Spend some time working on your resolutions. Waiting until ten minutes before you bolt out the door to your New Year's Eve party will almost certainly result in a list of resolutions that will not stick. Take the time to think through what it is you truly want and where you want to focus your time and energy.
3. Frame your resolutions in a positive voice. Rather than "I'll never do X..." spin it into something positive such as "I resolve to do Y at least one time per week".
4. Make separate lists for your personal and professional goals. If you already know your business objectives (quotas) for 2007 and want to make exceeding that number as part of your resolutions – break it down into manageable pieces. What will you have to do on monthly, weekly and even daily basis to achieve your goals?
5. Keep track of your progress. The more monitoring you do and the more feedback you get, the better you will do.

Studies have shown that of the people who successfully achieved their top resolution, only 40 percent of them did so on the first attempt. The rest made multiple tries, with 17 percent finally succeeding after more than six attempts. So, don't give up!

As final words of encouragement to resolution makers, take credit for success when you achieve a resolution, but it is a mistake to blame yourself if you fail. Instead, look at the barriers that were in your way. See how you can do better the next time and figure out a better plan to succeed. You do get to try again and can make behavior changes throughout the year, not just at New Year's. May 2007 be your best year ever.