



The Personal Coach BULLETIN

balance through partnership

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COACHING POINT

NEW YEAR'S RESOLUTIONS

Don't do it! At least don't do it now. Why do what, for the most part is expected as a part of the New Year's paranoia. What is this obsession anyway with making resolutions as a part of welcoming in the New Year?

I had an opportunity to spend some time with Luke EisBrenner of CJOB on the Drive Home Show this past Wednesday afternoon, January 2nd. He was asking me to comment on why so many people that make resolutions never seem to hold to them?

I said that it was because of a number of factors. First and foremost I believe it is because people do not know themselves well enough, nor understand why they have been living with the particular negative behaviour they want to change or eliminate. Let me explain; if you smoke, what is it about your personality that allows you to behave in such a destructive way? Who are you emotionally, physically, spiritually and intellectually? And what type of smoker are you? Do you smoke to reduce anxiety, do you crave cigarettes or are you psychologically addicted, is it a habit, is it a pleasurable feeling for you, or do you like handling a cigarette? These questions need to be answered before you can strategize in a way that maximizes the likelihood of you succeeding in changing or eliminating a negative habit.

If you follow my previous coaching advice and get to the point of actually setting a goal(s) for yourself, you stand a better chance of being successful if they meet the following criteria:

- **Specific** — Instead of setting a vague goal such as lose weight, set a specific goal, such as 'I want to lose weight and I plan to do it through swimming 3 times a week and cutting 800 calories a day from my intake'. People who set specific goals are more successful than those who don't. Make sure you write your goals down, and any smaller interim steps within your goal, as this will help you to define them.
- **Measurable** — Instead of 'I want to lose weight', set a goal like 'I want to lose 15 kg so I can achieve my goal weight of 85 kg'.
- **Achievable** — Do you have the skills and resources needed to complete the goal? If you want to enter an organized cycle ride in the future — do you have a bike to train for the ride? Can you ride during daylight hours? Is your goal practical? Does it fit in with your lifestyle and your family?
- **Relevant** — Is your goal relevant to your bigger picture goals? Does it fit with the long term vision for your life?
- **Timely** — Make sure your goal has a deadline — and that you have set dates for individual steps within your main goal. For example, 'I'll be able to walk to the local shops and back by February'.

There are a couple of other points worth making to close. Enlist the support of those around you. A coach wouldn't hurt! Remember that it is always easier to move toward something then away from something...**positive-negative**. And when attempting to eliminate a negative addiction substitute with a positive one.

If you think a coach could help you set New Year's Resolutions any time of the year drop me an e-mail or just call.....Happy New Year!

- James Ladd



James Ladd, Coach

ACHIEVE BALANCE THROUGH STRATEGIC COACHING:

One on One

One on one support to achieve balance.

Group Sessions

Workshops and seminars for the Workplace.

Self- Study

Personal study guides to heighten self-awareness and take action through goal setting for positive change.

~ Coach Ladd

If you are interested in investigating the possibility of having your own personal coach, please contact me for a one hour exploratory session at no charge!
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or **782-1362**

Next Month's Topic: Emotional Intelligence

What You Are Feeling And
Why It Is So Important

