

How you can make 2007 your brilliant year !

At the start of this new year, it is a great opportunity to look ahead to the potential and possibilities of your 2007.

You may be asking yourself some questions ...
What would I like to achieve ?
What would I like to change ?



I'd like to suggest that if you sit down with a pen & paper and write down the answer to those two questions you will be making a great start to focusing on making some positive changes to your life for 2007.

Another way of describing this would be New Years Resolutions; however every January millions of us start the New Year with a long list of resolutions & great intentions...and by the 3rd of January, the list is forgotten or given up on... perhaps we set ourselves unrealistic expectations ?

Here are some suggestions on how to channel your ideas & energy into positive focused achievable steps :

1. Spend some time writing down your specific goals

- Start with one goal (see the 'Change one thing campaign' that is January & February theme in Boots the Chemist)
- Write down your goal in as much detail as you can; you are much more likely to achieve it
- Free-flow your ideas of how you will achieve it; what will you see, hear & feel when you have achieved your goal
- Create a collage of pictures & ideas of your goals for 2007 & place it somewhere you can look at it; this will help motivate & inspire you of your goals for 2007

Remember if you can improve 1% a day, in 100 days you will have improved 100%

2. Try something different

- If you do what you've always done, you'll get what you've always got
- Try starting this year with a positive approach – when you think about 2006, remember what you did well & achieved rather than what didn't go well
- Share your ideas & goals with someone else, you can inspire & motivate each other
- Try accepting a compliment by saying thank you, rather than dismissing it. Think of a compliment as a verbal gift.

3. Positive visualisation and language

- Create a positive picture for your year ahead
- Imagine your goal going really well – this is a technique used by top sports people to help them achieve their goals e.g. if you are competing in the Great North Run, picture yourself enjoying the whole run and successfully crossing the finish line
- Create a collage of pictures & ideas of your goals for 2007 & place it somewhere you can look at it; this will help motivate & inspire you of your goals for 2007
- Enjoy the wind & the rain...as Billy Connolly says "there is no such thing as bad weather – just the wrong clothes!"

4. Look after yourself

- Celebrate all the things you do, including all the routine e.g. getting the children to school on time, clearing out your kitchen cupboards, doing the housework, washing the car etc.
- Create space for yourself every day – it doesn't have to cost a lot e.g. walking along a beach, exercising, gardening, stroking your pet, listening to your favourite music.

