

4 R's to Achieving your Resolutions

We all know that setting goals can be easy. Following through with goals is often the challenging part! When we leverage the reasons why we set the goal, the probability of accomplishing it increases exponentially – our accomplishment of the goal directly correlates to why we set it.

First, create a compelling reason why. You MUST know WHY you want to achieve this goal, - what you will get as a result. The more emotionally engaging your reason, the better.

For example:

1. I'm going to lose 15 pounds.

OR

I'm going to feel fabulously fit, having even more energy to spend with my friends and family...

2. I'm going to look good.

OR

I'm going to look even more outstanding, and will take daily actions to set myself up to be even healthier and happier...

Below are 4 ways to ensure you follow through with your New Year's goals.

1. Results

- Know your results: What specifically do you want?
- Know your time frame: When will you accomplish it?
- Know your criteria: How will you know you have achieved it?

2. Reasons

- Get connected: Why are you doing it? (There should be many!)
- Get leverage: What is your purpose for achieving the goal?
 - (More leverage is ALWAYS better!)
- Get real: What will happen if you don't achieve the goal?
 - (Notice the negatives; the more leverage the better)

3. Resources

- Create Alternatives: What are five ways you can achieve results?
- Create Options: What resources do you have available to you?
- Create Teams: Who may be able to help you?

4. Responsibilities

- What specifically do you need to do?
- What actions do you need to take?
- What other things need to be completed in order to achieve the goal?

