

# All I Want From Santa Is...

The Results Agency  
Special Festive Report



(How to Make Your Christmas Wishes Come True...)

*It's traditional! Every year, between us, we make – and break – hundreds of thousands of resolutions. Make this year different. Make red-hot, relevant, inspiring resolutions - and keep them.*

*How well you design your resolutions is a key factor for success. So here's a timely guide to designing, making and following through on YOUR Christmas wishes...*



## **Designing Resolutions You'll Want to Keep**

**Focus on one or two key areas** - rather than setting, then forgetting, a dozen resolutions.

**Think about what you might want to add** to your life as well as things you want to change.

**Engage your heart and spirit as well as your head** when designing resolutions. If this is not something that sets you on fire, why are you doing it?

**Decide why you want this.** What difference will it make to your life? Make a list of the positive outcomes you expect from achieving your goals.



**Give yourself time to think it through.** Those last few (possibly alcohol-soaked) minutes, before the bells, are probably not the best moments in which to plan your future.

Having said that, **when you do hear that still small voice of inner knowledge**, listen to it carefully.



### **Look for solutions:**

Many of us get into the habit of just rehashing our problems. If this is you, ask yourself:

“What do I want instead?”

**Be positive.** Word your resolution carefully to ensure that you accentuate the positive. Contrast the following statements:

“I want to lose weight.”...

...versus... “I’m going to be slim.”

“I need to get out of this company.”...versus  
...“I’m going to have a job with great prospects and job satisfaction.”

“I want to be less stressed.”...versus...  
...“I am going to develop inner calm.”

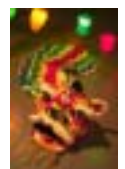
### **Origins of New Year Resolutions.**

Of course, resolutions can be made at any time of year. Traditions of making them at New Year go way back in our consciousness – and are linked with ideas of rebirth and renewal.

In Scotland there is an old tradition of opening all the doors and windows at midnight on New Year's Eve to let the old year out and the new year in.

In early Roman times, New Year was celebrated at the vernal (or spring) equinox – hence the expression “turning over a new leaf”.

Worldwide, the New Year is celebrated with rites and rituals symbolising the ending of the old and the beginning of the new.



## ***Rites and Rituals***

Once you've written your resolutions, positively worded and loaded with meaning, you need to fire your determination. Nothing beats a little ritual for helping this along.

It doesn't have to be overly complicated, in fact sometimes the simpler the better. For example, you could stand outside and read your resolutions aloud to a starry sky. The best, most effective rituals will be those you come up with yourself. Here are some tips to get you started:

- ★ If possible, plan to perform your ritual at a significant day/time – midnight on 31 Dec is an obvious choice, but what about dawn on the 1 Jan, or sunset on the 21 Dec (Mid-Winter), or 6 Jan (the 12<sup>th</sup> day of Christmas).
- ★ Create a sacred space with candles, purifying scented oils, and inspirational music (please take care with naked flames).
- ★ Have everything you need to hand before you start
- ★ Reciting your resolution(s) out loud is more powerful than simply reading them to yourself
- ★ Try to have something tangible from the ritual that will help you to reconnect with your commitment at times when you find yourself straying (for example: create a picture/collage that represents your outcomes; or put a few drops of your ritual oil on a handkerchief and seal it in a plastic bag).
- ★ Do something physical to represent your commitment, like drawing a line on the ground and stepping over it.



Making resolutions with a friend can be a potent way of keeping you both on the straight and narrow. Or why not host a “success party” – take turns at reading out your resolutions and asking each person there for specific help in keeping them.



## ***Keeping Resolutions***

**Plan.** Break major changes down into smaller steps and set milestones and deadlines.

**Be aware that you may need to alter your priorities** – decide where you are, and are not, prepared to compromise.

**Expect setbacks.** “...this thing that we call ‘failure’ is not the falling down, but the staying down.” Take time to learn from mistakes, forgive yourself for not being perfect, and carry on.

**Write down or draw the positive outcomes you want and display them somewhere prominent.** How about on your PC or car dashboard?

**Find ways of reminding yourself of key tasks and attitudes:** Set dates in your diary, or use Outlook, or the scheduler on your mobile. Ask a friend to email you.

**Finally, remember: a resolution is a commitment to change – so don't beat yourself up about the things you haven't managed to achieve yet. Concentrate on how great you'll feel taking positive steps towards your goals.**

## **Will YOU be jumping for joy in 2008?**

Reading this report, you'll probably have realised that success depends on laying the right foundations. You could carry on as you are, but wouldn't you rather look back at 2008 satisfied with what you'd achieved and celebrating your success?

Check out my *limited edition* “Launch Your Best Life in 2008” programme and discover the other 3 key ingredients you need to really get into momentum with the improvements you want for 2008.

Find out more at <http://www.theresultsagency.co.uk/lifecoachingprogrammes/resolutions.html>

~ Re-focus ~ Re-energise ~ Resolve ~