

10 Ways to Get the New Year off to a Great Start

Have you had a good a year? I always enjoy spending some time at the end of each year reflecting on how the year's been for me and to dream about what's coming up next.

Apart from the festivities, what I enjoy most about the Christmas/New Year holidays, is the welcome break from all the 'doing' and the time and space it allows us for just 'being.'

If you'd like to get 2008 off to a great start, consider not just what you might need to 'do' , but who and how you need to 'be' to make it happen. Here are ten suggestions:

1. **Authentic:**

The greatest gift that we can give to the world is to simply be ourselves. We're all unique beings, with our own sets of values, talents and gifts. When we're comfortable being ourselves, we allow the people around us to feel the same way. If you're not clear on what your values are, you might like to play *The Values Game* at www.coachlee.com (look under Resources) to find out.

2. **Healthy:**

If your diet isn't supporting you in feeling energetic and well, now's a good time to look at it. Eating less fried foods and more raw foods, preferably organic whenever possible, is an easy way to get started. And of course, drink lots of water.

3. **Courageous/Brave/Adventurous:**

What would you do if you weren't afraid? Challenge yourself to be courageous, brave and adventurous and shift out of your comfort zone on a regular basis. By doing so, you'll soon shatter your any self-imposed restrictions you've been living with. Experiment with different experiences as a way to learn and grow.

4. **Happy:**

Happiness comes from within. Be responsible for your own happiness. Avoid negative people and situations as much as you can. Know what makes you happy and allocate time for yourself each week, and preferably each day, to feed your soul.

5. **Collaborative:**

We can quickly feel overwhelmed when we do everything alone. Is there is a project or venture that you'd like to get off the ground in the New Year? Whether it's work-related, a financial investment or just something fun - consider who you can team up with to make it happen.

For more business, executive or life coaching tips and strategies to help you achieve your goals and create and live the life you've always wanted, as well as information on one-to-one coaching to help you get there, visit www.blueskycoaching.com.au or contact Tania below.

6. **Calm/Peaceful:**

Make time regularly to relax and enjoy feelings of peace and tranquility. Book in holidays for later in the year, yoga or meditation classes for now to keep your stress levels under control.

7. **Present:**

Have you missed out on opportunities in the past or not enjoyed an experience because your mind was somewhere else at the time? Practice being 100% present, wherever you are, and giving your full attention to the task at hand or person you're with.

8. **Contemplative:**

Regularly check-in with yourself by asking: 'Is what I'm doing today moving me toward or away from my goals?' When making decisions or choices, ask: 'Is this something I really want to do or think I should do?' Ask your heart as well as your head. When we have energy around and feel passionate about doing something, things often fall into place almost effortlessly.

9. **Optimistic:**

Are you a glass half-full or half-empty person? Have you wasted time worrying yourself sick about things that didn't happen? Shift your thinking from focusing your attention on what you don't want or you're afraid of happening to what you do want and notice the difference in your experience.

10. **Intentional:**

Before you do anything, create an intention for how you'd like it to turn out. I've done this with both my goals, as well as my days, for years now, and am always pleasantly surprised at how easily, almost magically, things have unfolded as a result.

Other ways of being you might like to contemplate include being creative, generous, kind, loving, strong, fit, spiritual, imaginative, happy, friendly, indulgent, wise, helpful, powerful, respectful, focused, organised, grateful, positive, open-minded.

If you'd like to learn how to use the power of intention to help you achieve your goals in the New Year, join me for my *2008 Intentional Resolutions* tele-classes starting on 5 March 2008. Visit www.blueskycoaching.com.au in January for more details and see preliminary notice below.

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