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Issue: 13




Dear Lauren,

Happy New Year!

Here in Colorado we rang in the new year with a beautiful coating of fresh snow, sunshine, and a long-awaited warming trend. As I looked out on this bright, sparkling, beautiful world I couldn't help but feel it is an auspicious sign for 2008. Whether last year was challenging for you or a joy from start to end, we all hope the new year brings beautiful and dazzling things to our lives.

To make a part of your life more brilliant, shine a beacon on it, illuminate it, so you see clearly what you are working toward. Research shows that those who set goals are more likely to succeed than those who don't. The article for this month is a continuation from last month's topic of resolutions and goals for the upcoming year. If for some reason you missed December's issue, simply read it in the archived newsletters on the Resources page of the Buoyant Life website.

As always, I invite you to forward this newsletter to everyone you think would benefit from and/or enjoy it. 

Wishing you success, balance and freedom every day!

Warmly,
Lauren Still

New Year, New You (Part 2)

What are you going to achieve this year? What do you want to improve, change, or do? Whether or not you call this a New Year's Resolution or not, the same guidelines apply.

As we discussed in the December newsletter, the first step to realizing your resolutions is setting *meaningful, realistic* goals that *inspire* you. Once you have identified goals that will make a proactive and positive difference in your life and verified that it is "right-sized," you want to give yourself every opportunity to

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Karma Corner

Monthly featured business

Share the joy of measuring, cooking and enjoying healthful food with your kids. Classes are a great activity to do together - and you take dinner home!

[Sticky Fingers Cooking](#)

Coaching Question

What one small step are you going to take today to achieve your New Year's Resolution?

Quick Links

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succeed.

Here are six easy-but-effective tips to keep yourself on track for what you want to accomplish in 2008:

- **Envision the specifics of your success.** How will you know you've reached your goal? What will it look and feel like? How will you and others react?
- **Write down your resolution or goal.** Putting it in writing makes it more concrete psychologically, and allows you to...
- **Post it somewhere you will see your resolution every day.** It may also help you to cut out pictures that represent success and place them in a visible place. For example, if your goal is a certain weight, you may cut out a picture of an item of clothing you want to wear when you get to that weight.
- **Break it down into easily-actionable steps.** What do you need to do to reach your goal? For example, "Save more money" is a great resolution, but may be hard to put into action by itself. Some smaller steps might be: "create a savings account," "talk to HR about directly depositing a set amount into the savings account each paycheck," and "take lunch to work at least once a week."
- **Tell someone your plan** and ask them to help you stay accountable. This may be a friend, a family member, or a coach.
- If you still have trouble keeping your resolution, **seek appropriate support.** If you're doing everything you can, but still not seeing the results you seek, perhaps you are getting in your own way and can't see it, or need to add to your skill set to succeed.

I wish you great success in making your dreams for the new year come true. I always welcome a discussion about how I can support you in reaching those goals.

Happy New Year, New You!

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

Events

Remodeling Mom Workshop - January 28 & 29, 2008

As parents we get caught up in our kids' lives and all the things we do for our families. But every once in a while we need to slow down and take a good look at what we're spending our time and energy on, compare that to our real priorities and values, and "remodel" our lives to take care of what is truly important. [Find out more...](#)

Parenting with Intention Workshop - next offered in February 2008

Parenting is the most important job you'll ever do - so how will you know that you've succeeded? This workshop helps you clarify what parenting success means to you, what values and attitudes you hope your children will embrace, and everyday strategies for modeling and supporting those goals. [Find out more...](#)

Special Offer: [Bring a Friend](#) to an event and save 20%! [Find out more...](#)

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