

TERRA NOVA

Keep Your New Year's Resolutions!

By Tim Cosby



Why do so many New Year's resolutions get broken?

As a Life Coach I work with people everyday to help them set and reach personal, professional and spiritual goals. I see at least 3 reasons why people fail to achieve their goals.

1. They feel pushed into reaching a goal that isn't their own.
2. They don't know how to design an achievable goal and a process that will pull them forward.
3. They don't have a system that provides support and encouragement when they face distractions and obstacles along the way.

What the Studies Show

- ✓ Those who continue to set goals for themselves are happier, more hopeful, and experience more meaning in their lives.
- ✓ Forty-four percent of Americans make New Year's resolutions, according to forbes.com
- ✓ The most common resolution is spending more time with family and friends. 50% of Americans set this goal.
- ✓ According to Time magazine, the most commonly broken New Year's resolution is to lose weight and get fit. Fitness clubs report that 60% of gym memberships go unused and attendance is back to normal by mid-February.

How Coaching Could Help You in 2012

Coaching helps people change without telling them what to do. It replaces friendly advice with a process of guided discovery that relies on listening, questions and a powerful goal setting process. A Life Coach can help you set a goal, stay on target and achieve your goal.

1. Set Your Own Goal: Moving from Push to Pull

Many people feel PUSHED into making changes. A coach can help you choose a goal that is YOUR goal; a goal that PULLS you into your future. One of the most common reasons a person fails to achieve a goal is because the goal was someone else's goal for them and they felt pushed into achieving something they were not internally motivated to achieve. For example, a person who feels pushed into starting an exercise program won't persist when the going gets tough. But if the motivation is internal, they will set a goal that aligns with their passions and values and it will pull them like a magnet into achieving their goal.

Set BMA Goals. Goals must be **B**elievable, **M**easurable and **A**chievable.

- ✓ **B**elievability measures desire. Is this **your** goal and is it important to you? On a scale of 1-10, how high a priority is it for you to achieve this goal?

- ✓ **M**easurable goals help you know when you have achieved your goal. When would you like to start? Where are you now in relation to your goal? What specific activities do you need to schedule and complete each week to achieve your goal? How will you and your coach know you have achieved your goal?
- ✓ **A**chievable indicates how realistic you think your goal is. Considering all the other things competing for your time, how realistic is it for you to set and pursue this goal at this time?

2. Stay on Target: Design Action Steps and Overcome Obstacles

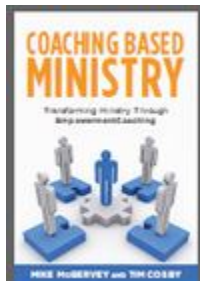
The second way a coach can help you achieve your goals is to define your Critical Path. Your Critical Path is all the activities you need to complete every day in order to achieve your goals. When you start moving actively toward your goal you **will** encounter distractions and obstacles that will threaten to pull you off your Critical Path. A good coach, through deep listening and asking powerful questions can help you identify and overcome the beliefs that defeat you. They can also help you name your biggest obstacles, and as you do you'll gain a new perspective about the best way to stay on target.

3. Achieve Your Goal: Manage Commitment

Coaches are trained to help you achieve your goals. Goals are easy to set, but achieving a goal is a significant challenge. It requires a plan that includes support and encouragement from a guide on the side, not an expert who gives you advice. A Life Coach will listen well, ask you honest questions and cheer you on through obstacles and distractions to achieve your desired goal. By doing so, they help you to manage the commitments you agreed upon and provide positive accountability that keeps you moving forward toward your goal.

Where would you like to be by this time next year? Have you identified a gap between where you are and where you would like to be? Would you like a champion alongside to empower you to close that gap? Are you willing to invest time and resources to improve the quality of your life? If so, a Life Coach could be a valuable relationship for you in 2012.

Take a free Personal Assessment to help you discover where the largest gaps are in your life. Go to www.terraovalifecoaching.com and sign up for your free newsletter and personal assessment.



Tim Cosby is a certified Life Coach in Grand Rapids, Michigan at Terra Nova. (www.terraovalifecoaching.com). He is co-founder of Empowerment Coaching Network (www.empowermentcoachingnetwork.com), which offers Christ-centered peer coaching training for the church via a 2-day, 16-hour accelerated learning experience. He is co-author of the new book: *Coaching Based Ministry: Transforming Ministry through Empowerment Coaching*, (www.coachingbasedministry.com) now available on Amazon.com and iTunes.com