

# Define Yourself

health and career coaching



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\*Seven Steps To Success With New Year's resolutions

\* Ready to make some BIG changes?

**Distinction:** Gratitude vs. Appreciation

## Simple Truth

"Whatever the mind can conceive and believe it can achieve"

- Napoleon Hill

**Checkout [defineyourself-coaching.com](http://defineyourself-coaching.com) website for helpful tips, inspirations, and assessments for growth and fulfillment**

You are always welcome to e-mail me with any questions or thoughts

## SEVEN STEPS TO SUCCESS WITH NEW YEAR'S RESOLUTIONS

### **Align your resolutions with your purpose** or values.

Values are ideals that are personally important to you. Not what you think you should do but what you choose to do. Those things that are truly important to you can pull you forward; things you should do have a pushing feeling.

### **Stop tolerating things** you don't want in your life.

Eliminate or manage those annoyances and you will find you have more energy and time to focus on things you do want.

### **Take full responsibility** for your actions and non-actions.

You have been given the gift of choice. It is a strong empowering gift that can determine your failures and successes. Choose to succeed. Feed your self-esteem by honoring your word to yourself. Non action, or passivity, sentences you to a life of frustration.

### **Set healthy boundaries.**

Create a space around you that stops other's negative behavior from touching you. With this protective space take the time to be attentive to yourself. Strong boundaries diminish fear, and free up time. You no longer engage in communications or actions that deplete energy but only those that enrich.

### **Get your needs met.**

Truthfully tell yourself what you need and get it met. This will free up both time and energy. Unsatisfied needs are distracting and hinder growth and forward movement.

### **Commit to big goals.**

If the goals you set are small, chances are you will not give them enough focus. If they are large they command your attention. They require you to really stretch and reach and they become a more conscious daily effort. Here again, these goals must be in step with who you truly are, and not who you think you should be.

**Get support.** Support helps maintain accountability. Surround yourself with a community of people or friends that reinforces your direction. The more support structures the better. Pick a life coach, a personal trainer, a friend, a family member, a special focus group, or create your own group. Inform each person what your intent is and how he or she can contribute to your success.

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