

New Year Resolutions: Setting & Achieving Them Successfully



New Year Resolutions, for the most part we all know what that means, saying one thing and more often than not, doing another. We may have the best of intentions and really believe that we want this outcome, but experience shows that the majority of the population set New Year Resolutions but achieve little.

Why? For the view of those trained in NLP it's because these goals are not well formed, they lack structure, strategy and the consequences of success or failure have not been clearly set out. This inevitably leads to a low success rate. To turn this around and to enjoy successful goal setting we need our goals to be well formed.

The A PROCESS model helps to transform vague and ill-defined outcomes into outcomes, which are well formed and which will give you a real opportunity to achieve success, .

The following model was developed by Bruce Clarke and we use it on our popular 10 week evening class NLP Foundation Certificate program. For more info on this and our other personal development programs simply visit our website: www.ukcpd.net

Aim: Ok, what do I really want? What do I REALLY want that would be NEW in my life? Paint a picture using descriptive words. What will I see, hear and feel when I achieve this goal?

Positive: Explain how this is a good idea or thing for me, i.e. what's the pay off?

Resources: What "stuff" do I need to achieve this goal? By stuff or resources we mean, people, knowledge, money, skills etc. **be clear** what exactly it is that you will need to accomplish this goal, break it down into small steps.

Ownership: Is this goal really yours, explain how you "own" this, how you will be able to maintain ownership, control and motivation etc?

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Consequences What will happen if I do not attain this goal? Be clear about the “**pain**” that you will experience. (Paint a picture, use descriptive words)

What will happen when I do achieve success? Be clear about the **pleasure** that you will enjoy. What will you see, hear and feel? (Paint a picture, use descriptive and emotive words)

Evidence: How will I know I am making progress? (What will you see, hear, and feel) what would be a marker of being half way there?

Specific: Is this outcome specific enough, can I focus on this without too many distractions? Do you need to break this down into smaller steps?

Start: When am I going to take the first step? What date would I want to be half way, what date am I going to set for accomplishment of my goal?

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