

Dare to Care E-zine

Designed for people who are Ripe for Change and want to shift into high gear so they can move forward.

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RESOLUTIONS: What, Why & How

Uh oh, New Years Eve is just around the corner and once again you will be faced with the difficult task of inventing resolutions for the New Year.

Not so fast. Are last years resolutions still sitting on your long, long list of 'shoulds'?

Perhaps we need to establish just 'what' a resolution is before making up new ones. The dictionary defines this process as a course of action determined or decided on, a firm determination. It appears that determination is probably the most important element of making and following through with resolutions.

If you did keep last years resolutions, congratulations because now you are a better person because of this. If your resolutions were only wishes, then the ingredient called determination was missing and your resolutions probably failed to happen.

Why we make resolutions is very simple: we want to change something in our lives.

Most of us want to change habits that relate to weight, exercise or perhaps pay off some debts, save some money, cut expenses, have more time for family or improve the quality of relationships.

How we do this is the most important step.

Ask yourself these questions:

- Is it realistic?
- Is it achievable?
- Why do you want to make this change?
- How will it improve your life?
- What is the most important reason for making this change?

Getting clear about your thoughts and intentions will help you identify the steps you need to take to achieve these goals (or resolutions).

Here are some steps you can take that will lead you to successful resolutions:

1. Review your past year to identify what your high and low points were, what your successes were, what happened that made you proud, how can you improve.
2. Weigh the benefits of change. Get very specific here.
3. Write down your resolutions, make them real. This will help you get fully committed.
4. Monitor your progress over the coming year, give yourself rewards for achievements. Remember, change is difficult and not a comfortable place to be.
5. Maintain your success! Those who stay the course truly believe in their ability to change, won't make excuses, they will avoid that wishful thinking attitude and fully understand why the resolution was so important in the first place.

Don't wait until the year is over to review your goals. Take the time to measure how you are doing along the way and then make adjustments so that you can achieve what you set out to do.

My wish for you is that your resolutions lead to a life of greatness and happy times. Here's to a bright, successful 2006... say farewell to the old habits and bring in the new ones.

Book Recommendation

Title: 5-Minute Retreats for Women
Author: Sue Augustine
Publisher: Harvest House Publishers

Stress - Proof your life with this inspirational book. Sue Augustine helps you find meaning in the ordinary moments of every day life. Take a break and refresh your soul and spirit with this book.

(Sue Augustine is my sister. She is an incredible international motivational speaker and author and it is my pleasure to provide her web site to you: www.sueaugustine.com. Check it out and find out more about her newest book, "When Your Past Is Hurting Your Present".)

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Tips to Escape Holiday Stress

Are you an urgency addict? Can't find five minutes for you? Depleting the little reserves that you have? To do list running into the third page? Trying to control every little thing? Looking for perfection in all the plans? Taking on more than you can possibly handle?

Stop! Time to de-stress and here's some tips to do this:

1. Don't be so hard on yourself. Not only is it counter-productive to be on a journey of urgency, you will become exhausted and less efficient and effective.
2. Take a break. Soak in a hot bath with your favorite bath products, drink some herbal or fruit teas, listen to some soothing music, dim the lights and daydream.
3. Exercise! Walking, running, skipping, working in the garden, playing with the kids, washing the car, de-cluttering the house...all of these are good ways to exercise which in turn helps us relax.
4. Get some real time rest. We don't always have to get up at the crack of dawn and begin racing into daily life. Allow yourself some extra sleep time now and then, perhaps even an afternoon nap!
5. Get out and have some fun with people you enjoy being with. The laughter and interesting conversation is uplifting.

Motivation Quotation

"There comes a moment when you have to stop revving up the car and shove it into gear".

- David Mahoney

I Have Learned That...

Changing habits on a deep level takes willingness, consistent application and time.

On the Lighter Side

"I'm going to stop putting things off, starting tomorrow."
- Sam Levenson

More Benefits of Coaching With Lois Galloway

A personal development coach is your partner, someone who will champion you on to success and personal fulfillment. I will work with you so that you can close the gap between where you are now and where you want to be in the future.

Coaching truly facilitates a journey of self-discoveries that will empower you to reach out for more of what you really desire.

I will help you to increase your effectiveness in interpersonal relationships, business and career as well as health and spirituality. As well, I will support you to choose the things you truly want, move you into action and help you achieve goals and balance in your life.

Are you someone who is:

- Winning at life but definitely wants more?
- Excited about all the possibilities of life?
- Eager to continue learning and growing?
- Willing to take some risks and try new things?
- Ready to realize your dreams and goals?

All it takes is a willingness to grow, an exploration of the gap between where you are now and where you want to be, mapping out your destination and walking together with your coach towards success.

Your feedback and questions are always welcomed and are very important to me.

DARE TO CARE E-ZINE respects your privacy and 'does not' give out or sell our subscribers' names and/or email addresses.

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