

## **New Year's Resolutions**

When the calendar page turns to a new year, people often want to turn a new page in their lives. New Year's resolutions are empowering and often inspiring, but when we limit ourselves to New Year's resolutions we limit ourselves to a Hallmark-driven road map for our lives. Whether it's January 1<sup>ST</sup> or November 1<sup>ST</sup> we can always resolve to create fuller, more balanced and joyful lives.

As a Life Coach I hear a constant theme from my clients that they want to "live an authentic life". An authentic life includes making choices that will bring the things we spend our time and energy doing into alignment with the truth of who we are. Sometimes the path to alignment is clear and obvious while at other times it is concealed by a haze of fear.

If you do encounter fear, treat yourself with patience and compassion. Remember that fear is something to be understood - not to be overcome. Fear is a normal response to personal growth and it can also serve as a gateway into meaningful change.

If you notice fear of risks involved with one of your resolutions or goals, think of ways to reduce the risks, perhaps by streamlining a goal into a smaller step which will become a stepping stone in the direction of your goal. For instance: A long-term goal of losing 20 pounds can be streamlined into eating well and exercising three times this week. Finding a new job could begin with writing a rough draft of your updated resume this week. As you experience success each week, you will gain confidence and will no longer be held back by fear.

If you know you want to make changes in your life but feel bogged down by the burden of your current circumstances then your path to begin may feel obstructed by limitations of thought, or overwhelming demands. If this is the case, then consider the gentle self-exploration and support that Life Coaching offers.

Wishing you a happy, healthy and prosperous 2008!

With warmest regards,

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