



**SETTING NEW YEAR'S RESOLUTION
/ GOALS**
YOUR GUIDE TO BEING SUCCESSFUL



GOAL SETTING & PLANNING



If you want to be successful: don't take resolutions!

Allow me to let you in on a little secret: New Year's Resolutions just don't work. They never (or rarely) did work and probably never will. Why you ask? Because the very nature of resolutions specifically goes against the way your brain can be enticed to work towards acquiring new habits and reaching goals! So how should one go about acquiring new habits or reaching their goals? Keep reading to learn the 3 steps you should be using instead!

#1 SET YOUR GOALS

Move towards something as opposed to moving away

Resolutions do not work because they focus on eliminating problematic behaviours or problems with discipline but are not associated to any positive outcome. An example of resolution may be to lose weight after the holidays - that only involves cutting down on something we enjoy and does not focus on any benefits or rewards. Maintaining the discipline to adopt a new behaviour if there is no compelling outcome is unlikely to be successful because we are *moving away* from something we don't like as opposed to *moving towards* something that we desire. In general, resolutions are focused on "moving away" from something while goals focus on "moving towards" something and are therefore intrinsically more likely to be successful.

Limit yourself to 3 goals

Yes, there is probably more that you wish to accomplish but anything above 3 goals will put you out of focus. It's also important here to understand the difference between goals and milestones - a goal is the ultimate result you wish to create whereas a milestone is a task you need to do in order to get there. So you may limit yourself to 3 goals but you will later break them down into many milestones when comes the time to translate your goals into a concrete action plan.

Set goals that motivate you

Increase your chances of success by setting goals that are compelling to you, motivate you and give you benefits that you truly desire. For example, if you want to lose weight, your goal should be more focused towards feeling good about your body, boosting your confidence or being more at ease when doing sports. This approach will give your brain the necessary motivation to see beyond the obstacles and efforts involved to get you there and rather focus on the positive outcome that you can gain.

Use a positive formulation for your goals

Formulate your goals as something that is in the present and already achieved. This may sound trivial but your brain (and especially your subconscious) is a powerful machine whose sole purpose in life is to follow your instructions. If you give it the instruction "I am on top of time management" it will react with "Oh! OK we are on top of time management so let's make it happen!" and this will activate your nervous system to work towards your objective making your brain "believe" and therefore "act" as if you are already there.



2018 GOALS & PLAN



#1

What are your top 3 goals for 2018? Where do you want to be in 1 year?

Your goals need to be:

- formulated in a positive way (move towards something)
- measurable
- truly motivating you

#1.....

#2.....

#3.....

#1.....

#2.....

#3.....

#2

What's your motivation?
Your "why"? The deeper purpose behind your goal?
Visualise your success & tune into the feelings that it will bring you

#3

What 's your action plan?
What do you need to be doing today to be on track to reach your goal?

#1.....

#2.....

#3.....

GOAL SETTING & PLANNING



#2 FIND YOUR MOTIVATION & PURPOSE

Have a clear purpose or "why" behind your goals

Understanding your deeper motivation to achieve a specific goal is also key in helping you maintain your focus and motivation. We all have a purpose in life and being aligned with that purpose is a huge source of strength and balance. Therefore, seeing how everyday actions helps us move in alignment with or towards our purpose gives them more meaning and strongly increases our sense of achievement. For example, if your goal is related to losing weight, your higher purpose could be linked to teaching your children healthier habits and every step you take in this direction will make you feel like you are moving in this direction. To uncover your purpose, ask yourself: Why is this important to me? What else will I achieve by reaching this goal? Which life value would I align with by doing this?

Visualise and associate the goal with positive emotions

Visualisation is a very powerful tool and has been demonstrated to be a predominant behaviour amongst highly successful people. Visualise yourself achieving your goal and act "as if" you already succeeded. Pay attention to how it feels as associating your goals with positive emotions will help create a strong "pull" towards your goal. In fact your nervous system is unable to distinguish what is real and not when it comes to thoughts and emotions. Therefore tuning into the positive emotions and acting "as if" successful will already trigger some neural pathways (connections in the brain) that will reinforce the behaviour you are trying to develop to achieve your goals.

Nurture your motivation with small successes

Your brain functions on rewards, the positive emotions associated to success and achievements. To achieve this, make sure you set goals that are realistic and break them down into smaller action steps (milestones) that you can successfully accomplish so you maintain your motivation which in turn will help you maintain your focus on your goals.



GOAL SETTING & PLANNING



#3 CREATE AN ACTION PLAN

Breakdown your goals into action steps & milestones

Most people don't achieve their goals because they simply never take the time to think and plan HOW they will get there. That's where the action plan comes into play.

To develop your action plan you will have to "reverse engineer" from the result you want to achieve by end of year to the small steps you need to start taking NOW.

First question to ask is where you would need to be in 90 days to be on the right course to achieve your goal at the end of the year? Then once you are clear about that, you reverse engineer a step further to know exactly what you need to be doing this week to get there. By narrowing your end goal to the 2-4 small steps or tasks you need to accomplish every week to get to your goal you will have a step-by-step approach to get there that will make it seem more achievable and within your reach while limiting your feeling of overwhelm.

Use the "post it" plan approach

Your action plan won't help much if you are not using it afterwards so here's how to solve this.

1. Print the action plan and put it where you will see it daily
2. At the start of each week, use a small post it to note down the 2-4 steps that you need to take for each goal
3. Make it a ritual (even set a reminder in your calendar) to plan your tasks of the week on a set day/time
4. Track how well you did completing the tasks of the previous week and how you are progressing towards your goals

Stay focused



ACTION PLAN



1 YEAR GOAL

90 DAYS
STRATEGY

WEEKLY
ACTION PLAN
The "Post It" Planning

GOALS:

#1

#2

#3





There is Nothing more Powerful than a Woman with Harmony, Self Belief & a Passion!

If you find yourself at a personal & professional crossroad, this is your opportunity to build the career path that will allow you to thrive and find fulfilment without sacrificing your personal and family life.

If you are ready to make this your reality and would like to discuss how I can help you thrive in your professional life while still having time and finances to enjoy your personal life - visit my website to book a free discovery call:

www.catherine-leduc.com

or email me for more information:

info@catherine-leduc.com



Before becoming a certified NLP & RSCI coach, Catherine spent nearly 20 years working in senior strategic roles for the pharmaceutical industry holding various consulting roles in which she advised on marketing strategy, portfolio management and product development. She also developed primary market research and consulting services for an Indian-American company based in Gurgaon/Delhi, India. In addition, as a self-employed consultant, she helped start-up biotech companies in their early stages with strategic planning and financing. She has lived and worked in America, Europe and Asia and has extensive experience managing multi-disciplinary and cross-cultural teams across the world.

Despite a stellar career, Catherine had to overcome many struggles. She fought with repeat burnouts, found herself torn apart as a stay-at-home-Mom in a foreign country and later returned to a very senior role trying to juggle family life with a demanding job involving monthly commuting to Asia. Ultimately she was fired during her second maternity leave which prompted her to become an advocate for women equality and focusing her career on helping women finding themselves at career crossroads.

Her passion and mission is to empower women to build a professional path that gives them satisfaction and fulfillment and allows them to thrive without sacrificing their personal and family lives and giving them the time and finances to enjoy their passions.

