

# SANTI SAYS: Let's create resolutions that work

By Santi Meunier

We are beginning a new year, a fresh start and lists of resolutions are being made everywhere. We firmly vow that this year will be different. This year we really mean it, enough is enough, we have to succeed or else!" We have our "should" lists all printed out.

We should loose that extra weight so that we don't have to face another year feeling self conscious in a bathing suit.

We should ask for a raise or go out on our own and start a business.

We should get out of debt. There is no way to pay it off with all the high interest rates. The hole keeps getting deeper and deeper.

Most of all we should stop "shoulding" ourselves, because all it does is make us feel more like a failure when we don't succeed. Should statements are guilt based, meaning that they are motivated by negative feelings. They can work for a short while because no one likes to feel guilty, but in the long run they always fail. No one ever truly succeeds in an atmosphere of guilt and judgment, but we can excel when we are encouraged and loved. This is one of the keys to successful resolutions – change the statement "I should" to "I will". "I will" affirmations imply action. A resolutions without a plan of action is like a Jaguar without gas. It is a nice car but it isn't going anywhere.

## Goals and Strategies

Motivational speaker, Todd Barnhart said, " a goal is a dream

with a deadline."

The next step to successful resolutions is planning. It is important at this point to look to our past to identify what our patterns have been in relationship to our goals.

Some of us are great dreamers. Our minds are constantly coming up with innovative ideas, new businesses and services that enhance the world around us. Few dreamers, however, follow through on bringing these ideas to the marketplace. The ones who have are hailed as visionaries. We owe much of the quality of lives to these industrious men and women. How many ideas have we had that we have seen someone else prosper from because they did what was necessary to make it happen? We kick ourselves, and perhaps brag that we had that idea years ago, but we do not prosper. These dreamers fail to begin, and therefore fail to achieve their goals.

Other's among us are great starters. Filled with enthusiasm we set off to take our goal by the horns. We tell everyone about it knowing we will succeed this time. All goes well and the wheels are set in motion. Doors open, others climb on board and there is a feeling of exhilaration.

The beginning phase comes then comes to an end and what is often referred to as the boring middle begins. Like a balloon slowly loosing its air the enthusiasm starts to wane and that feeling of drudgery begins. The day-to-day, often tedious and slow pace of the middle sucks

the energy out of the goal and it is eventually abandoned.

Then we have the goal seekers who dream the dream, start with gusto and manage to hang in there during the mundane middle and just as the finish line is in sight they do something to sabotage the entire operation. These are the ones among who only had one semester left of college and then dropped out. They started a wonderful business and experienced early on success only to loose it all in the long runs by failing to have an in-depth one – and five – year business plan. The cash crunch that was not put into the planning crushed the business. A business that might otherwise have been a long-term success dies because we did not take the time to plan.

## Trouble-Shooting to Win

Identifying your goal relationship allows us to trouble shoot during our 'danger' times, and not to fall into a hopeless resignation. "Oh, that's me. Why bother? It will never work." When you find yourself falling into that hole pull yourself up and say, "That was me, but I don't have to do that anymore-one day at a time." As George Eliot so apply put it, "It's but little good you'll do, watering last year's crop."

## The Resolution Solution

Begin by making your list of goals on the left side of the page. Fold the paper down the middle and on the right side write out your plan of action. Start with the basic strategy. If there is a



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timeframe write out the starting and completion dates. Take one of those extra holiday calendars from the oil company or local hardware store and begin to mark the dates. Also include weekly accountability checks as well.

An example of this would be if you have made a commitment to go to Curves for 90 days Monday, Wednesday and Friday at 9 am, mark all those times on

the calendar and check them off as you go. If at the end of 90 days you have successfully fulfilled your goal it is very important to write on the calendar and the goal sheet-COMPLETED. This is very important because it registers deep within your subconscious mind that you are successful. Amending the core beliefs that generate and motivate much of our behavior is essential for long term change. Make sure that you include in your strategy a special plan for when you reach the "sabotage phase" of your goal.

Good luck and remember that if you do not quit on your dreams you will succeed. If you need patience-pray for patience. If you need enthusiasm-pray for that. Pray to a Higher Power or to that part of you that is a success and wants to manifest itself in the world. The world needs you to be a success, to fulfill your contribution to the whole.

Your reputation with yourself can heal and grow, and in the right atmosphere, flourish. For I believe very deeply that it is our reputation with ourselves that determines our ability to be truly happy and peaceful. As David Harold Fink once said, "You fulfill the promise that lies latent within you by keeping your promises to yourself."

Keep your promise to yourself, manifest your dreams and have a wonderful new year!