

2006 The Winning Game Plan

2006 is almost here! If you followed last month's article, you've created a vision and action plan which aligns the 2-3 business and personal outcomes you want most for the year. You're ready to track your progress and make adjustments along the way. Are you beginning to feel a sense of excitement about the opportunities that lay ahead?

Excitement always gets you off to a great start. Coupling excitement with preparation will enable you to overcome hidden barriers and sustain your efforts throughout the year..

Start with your first out come for 2006 and think about the day to day activities you will have to undertake to make it happen. Consider how, where and when these activities will occur. What materials, space, time or assistance will you need to insure you will be able to do what you must do? Can you also envision obstacles which may keep you from moving forward? Some obstacles will be created by others: perhaps by demanding your time, or by not meeting deadlines, etc. By recognizing these potential obstacles up front you can plan on how to meet the challenge if it occurs.

But what if you create the obstacles? Not consciously of course but by not taking the time to identify the personal habits you want to "keep" –they're working for you, "stop" – they're getting in the way of your success or "start" -they will move you forward to your desired outcome. Not sure of what to keep or change. Share your desired outcome with others who understand your work style. Ask them what they consider your greatest strengths in achieving your goal and what areas you can develop. You're looking for insights to guide you in making change. You ultimately will need to decide on which changes are best for you. Write down what it is you're going to do and keep the list visible as a reminder. It is important to remember that research has indicated that you need to repeat a new behavior 19-21 times to make it a habit. If you falter along the way, cut yourself a little slack and start again. Recall the excitement you originally felt in considering your 2006 outcomes and consider how much closer sustaining these changes will move you towards your goals. Make 2006 the year you define your destiny.

May your NEW YEAR be blessed with Happiness, Health and Prosperity.

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