

– THE COACHING CONNECTION –

Connecting You With All That You Can Be Personally and Professionally

A Time to Achieve Great Things

Angela Zakon and Cathy Nealon
Professional Coaches

Have you set any resolutions for yourself this year? Do you have good hopes of attaining them? Are you taking the action steps you need to make them happen? To help simplify this process and ensure more consistency in achieving the results you desire here are some simple things you can do.

The first step is to “begin with the end in mind”. Take a moment and write a short legacy statement for yourself by asking yourself “What do I want others to say about me on my 80th birthday? This simple exercise will help you create a powerful statement that will become your own personal life guide to keep you focused on what is truly important to you throughout your journey in life. Expansive questions like this help create a larger focus for your life. For example, it could help some decide if they are living to work, or working to live.

From here take a moment to ask yourself where do you want to be in a year from now? Ask yourself how will you feel when you get there? These questions may seem a bit overwhelming to some, but if you just take it in, and remain open the answers will come. By beginning with these questions you are

setting larger lifestyle goals, which will help you achieve the smaller goals more easily.

Many of us set goals to move away from something like trying to lose weight or get out of debt. Instead consider setting goals that move you toward what you really want to achieve. In the case of losing weight the real desired goal may be feeling more fit, having more energy, looking great in those new or old clothes. In the case of getting out of debt the end goal may be to have more money to take a vacation, buy a car, or just have peace of mind. By moving away from negative “have to goals” to moving toward “positive focused achievement goals” your energy will shift making it easier for you to keep focused on making your goals a reality.

The next most important step is to create a strategic plan for your life. This is simply an action plan that focuses on no more than three priorities in your life. Otherwise you will become too scattered and not able to complete them all. Under each priority identify three specific action steps and timeframes for completing each one. Use this simple tool daily, weekly or

annually for setting short and long term goals for your life.

Another important step is to make room for new things by creating the space for them. To do this you need to begin eliminating the clutter around you. Is your desk over-flowing? How about your car, your home, your closets? Are you surrounded by people and things that bring you energy or drain your energy? Like many things in life, eliminating clutter begins with one step at a time. One way to begin is to set aside a few moments each day. Maybe one day you tackle that pile of bills and advertisements on your counter, another day you focus on the clutter in your medicine cabinet, etc.

You will find that each small step only takes a few moments. Each step builds on the next and before you know it the momentum carries you forward making it easier to do more effortlessly. By clearing clutter you will be amazed at how much more energy and space you will have to focus on attaining what you desire and deserve.

By using these simple, yet powerful tips and tools you will expand, clarify and achieve your goals more easily.

Coaching Nuggets To Achieve Great Things

1. "Begin with the end in mind"
 - a. Create a legacy statement for your life.
 - b. Ask yourself where do you want to be in a year from now?
2. Set moving toward vs. away from goals.
3. Create a simple Strategic Plan for your life.
 - a. Focus on only 3 priorities at a time.
 - b. Define 3 action steps for each.
 - c. Set a timeline to accomplishment each step.
4. Create the space you need to achieve your goals. Begin by clearing clutter from all parts of your life, i.e. Home, Desk, Office, Car, Closets, Etc.
5. Start with small steps. Know that each step builds on the last creating the momentum you need to succeed.

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The Coaching Connection is a community-based service connecting you with all that you can be personally and professionally. This service is provided by our local Mount Washington Valley Professional Coaches, Angela Zakon and Cathy Nealon. Your suggestions are important to us. If you have a question or topic you would like to see The Coaching Connection address please contact Angela at 447-4337, www.ZakonGroup.com or Cathy at 383-3639, www.AchievingAbundance.com