# Resolutions Time Again!

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| **Date** | 2012-01-02 00:36:32 |
| **Categories** | General |

Here we go again. Each year I decide it is time, this is the year, I can do it.  I write my resolutions down and file them away somewhere where I can not ever locate them.  How serious am I really about making a change while working toward successfully committing to achieving my goals.  Resolutions are goals.   How serious are you about fulfilling on your resolutions? I have some suggestions to assist you this new year on actually being successful in working toward and achieving changes to make your life more fulfilled.

## Be SMART about goal setting: Make sure your goals are: Specific, Manageable, Achieveable, Realistic, and Timely.

Start out assessing your values: Determine Values: Work toward what is important to you.  Embrace change: What do you need to change?  What is your purpose?  What is your passion: what excites you? How realistic is your specific goal? Can you set a timeline for completing your goal in a reasonable manner?   1.  Be **Specific**:  Describe your goals so you can see progress. 2.  **Manageability:** Take little steps toward working at your goals. 3.  **Achievable**: Establish a network of supportive individuals to be accountable to for more success. 4.  **Reliability**:  Write down your goals with strategies and actions 5.  **Timeliness**:  Commit to one thing each day and establish a time line for completion. Remember not all will go smoothly.  Learn from failures.  Failures can be looked at as  opportunities. You can make changes to your process until you have reached your comfort level.   What changes will you make to increase happiness in your life?  What you do for yourself, will encourage others to see you in another light.  Your change will enable others to change.  Best wishes for your enlightened life in the coming year! I would like to hear from you as you work toward your new goals.  Email me at: [isabel@uniquepathways.com](mailto:isabel@uniquepathways.com) [](http://uniquepathways.websitehabitat.com/wp-content/uploads/sites/21/2012/01/wnbiothn7czvov1x_D_0_Happy-New-Year-Greetings-20122.jpg)