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Monday, December 14, 2015

Hello reader, here is my newsletter.



As we are nearing the end of 2014, it is time to take stock of the past 12 months and start thinking of what you want for 2015.

Why take time to review the past year? In order to fix what did not work. If you had taken a few January 1st New Year's resolutions and you have not completed them, find out why not.

The first big mistake we make is that we make too many resolutions. As per the experts at FranklinCovey, the ideal number is between 1 and 3.

Someone lately gave me the image of a magnifying glass. Imagine yourself stuck in the country; trying to start a small fire with a magnifying glass, the sun and some dry grass. If you have one pile of grass, there is a great chance that you will start a fire. If you have twenty of them, not so much! And why? Because you need to lift the magnifying glass so high to cover all 20 piles that none of them get enough sun to burn.



This is what happens when you have too many goals. Your focus is spread throughout all of them instead of putting all your energy on one or two.

The next mistake we make is that we do not plan time in our agenda to work on our top goals. We plan our office meetings, our kids' soccer games and our time out with friends. The minute you have your top 2 or 3 goals, you sit down and plan the year ahead and what you expect to accomplish per quarter, then per month and then per week. And everyday that you miss an important bloc of time for you goals, you re-schedule it right away the same week so you do not arrive at the end of the week and you have not work on it.

As the weeks and months advance, you might procrastinate or even worse, you might have “forgotten” to work on your goal. So at this point you need to know why you are sabotaging yourself. You want this goal, you might have had it, year after year and yet, nothing is done. This is when you reach the point of working on why you want this goal and what's blocking you. You need to discover your paradigm, your beliefs. As long as you have these internal blockages, you will not reach your goals. And on the reverse, if you solve your unhealthy paradigm, it will be so much easier to reach them.

The next thing to do is get a partner. It is, for some people, much easier to reach a goal if they are accountable to someone.

So first things first, cut down you New Year's resolution list from 10 goals to 2 or 3 max. And good luck!

Wishing you a great Holiday Season. Back Mid January 2016.

Sophie



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Book: in [Paperback](#) or [Kindle](#)

"When we can no longer change a situation, we are challenged to change ourselves".

VIKTOR FRANKL