



## **Your New "Yours" Resolutions and Intentions**

There is nothing like a new job, new book or a new year. The beginning is always so delicious. Gary and I really celebrated a new year by getting married January 2, 1982. Back then, we had lists for everything and dreams for anything. (I remember baby being on several lists!) Many people have dreams but aren't very successful living them. I imagine if you are like me you have already given some thought to changes you want to make in 2006. At the start of a new year, many people frantically try to catch up on resolutions from the year before they didn't quite keep. Let it go! Looking backwards keep you stuck. Change the concept of New Years Resolutions to YOUR new "YOURS" Resolutions and intentions. Life is all about YOU!

So get out a fresh piece of paper and take some time to reflect on your life and give your busy life a makeover and make 2006 the best year of your life. Remember if you think it so, it is SO!

### **Cherecoach's ACTION STEPS To Your Best Year Ever**

#### **Reflect on the past. Celebrate 2005.**

- Create a list of your top 10 accomplishments (ok go for 20!)
- If you left work "on time" one day a week and feel this was a huge accomplishment write it down. If you ate a healthy lunch a few times a week, write it down. No accomplishment is too small.
- Tape this list to your bathroom mirror.

#### **Celebrate these accomplishments.**

- Reward yourself! Buy a DVD or a book, get a massage, call a friend and celebrate your accomplishments with someone.

#### **Identify 8 intentions/goals for 2006.**

- Physical environment, career – both paid and unpaid work, fun, personal growth and spirituality, money, relationships and significant other, friends and family and health.
- These are your intentions that will bring you more joy, balance and purpose this year.

#### **"De-should" your intention list.**

If you have goals that are shame based or duty based you are doing goals that other people think you should do. Shoulds set us up for disappointment and failure. Listen to your inner voice. Go through your list and ask yourself, "Is this goal a should or do I really truly want this to happen?"

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach  
Contact [chere@cherebork.com](mailto:chere@cherebork.com) or visit [www.cherebork.com](http://www.cherebork.com) to live happy and healthy ever after.

Reprint these articles for FREE whole or in part with attribution to  
Chere Bork, [www.cherebork.com](http://www.cherebork.com) © Savor Your Life Today, Inc. 2007. All rights reserved.

Write down one or two sentences about what you will feel like when you achieve these goals.

You ask, "Why this step?" Emotions create behavior. The sooner you feel your goals, the quicker you will live your goals and quicker you will absolutely love your life.

Take your 2006 calendar and schedule one day each month just for you and YOUR intentions and YOUR goals.

- Ideas — spend a day updating your resume, connecting with an old friend, or painting your living room a new color.

Remember these are YOUR resolutions — YOUR intentions. YOUR relationship with YOURself and who you are and what you want to be are at the heart of a joyful, balanced and purposeful life. The life that just makes you want to jump out of bed in the morning.

So get out that paper and start to create YOUR life that reflects your values, your deepest joys and the real you. If not this year...when? When will be the time for you to fall in love with your life?