

New Years Intentions

Beginnings are wonderful events. We are inspired by the energy of a new year. With that charge of electricity we take our first step and set goals.

The top areas for New Years goal setting are health, wealth, home, career, and personal development. Perhaps it's a nutritional program, a new home, or a decision to look for a new job. Whatever the goal, our enthusiasm carries us through the first few days or sometimes weeks, then the energy wanes and the excitement dies. If the goal is a positive change, why does this happen?

Does it come down to willpower? Anyone who can't accomplish the goal is seen as weak but it's rarely that simple.

The goals we set are conscious. But we have subconscious beliefs and conditioning. To achieve the goals we set, we have to understand how the motivations of the subconscious mind can overrule the motivations of the conscious mind.

So here are some suggestions for how to set goals at a deeper than conscious level.

Release the pressure by starting before or after New Years Day.
Focus each day on how you will feel when you've achieved the goal.
Know not just what your goal is but why it's important to you.
Choose just a few and keep them very simple rather than broad.
Enlist positive support that helps you focus on what you want, not what you don't want.

Happy New Year!