

The Ultimate New Year's Resolution

By Bud Wassell, CEAP

I was at the Middlesex Chamber of Commerce breakfast listening to Governor Rowland speak. He said something that really made me think about our world in the year 2002. He had the difficult task of talking to each of Connecticut's families who had lost a loved one in the World Trade Center attack on September 11, 2001. He was saying how those families were helped in so many ways by strangers. But in many cases, they found out that those "strangers" were their neighbors.

This started me thinking about the many ways our world has changed since I grew up in the 50's and 60's. And how drastically our world changed in one day. It has occurred to me that the two are linked in some way. Since September 11, I have received many emails that remind us of the special times we grew up in. You know, the ones that remind us about how good the good ol' days really were.

How many times have you heard people talk about how 9/11 has changed their priorities. Churches and mosques are filled, families are spending more time together, individuals are reviewing life goals.



Maybe we're really making positive changes in our lives.

Hopefully, people are looking at their neighbors and co-workers in different and more tolerant ways. Maybe we're really making positive changes in our lives.

Governor Rowland finished his remarks by encouraging us to celebrate, be grateful and to thank all of those who continue to do great things for all of us on a daily basis: police, fire, ambulance and all emergency responders. It is clear that they are the real heroes in our society.

Philosopher and business consultant Peter Koestenbaum points out in his interview with the magazine *Fast Company*, that it is the shock of death that has given us all a wake up call. A call to

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Top 10 Steps to Better Resolutions for 2002

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- 1. Make resolutions throughout the year, rather than waiting for New Year's.** That way you're likely to set goals that are really meaningful and compelling, rather than setting goals for the sake of a holiday ritual.
- 2. Eliminate recurring resolutions.** Anything you've set as a goal before and failed at probably isn't going to work any better this time. Drop it or redefine it to make it more doable and attractive.
- 3. Align resolutions with values.** When goals are in sync with your natural values, success comes more effortlessly.
- 4. Cross 'shoulds' off your list.** 'Shoulds' and 'musts' are actually other people's goals, not yours.
- 5. Make resolutions specific and measurable.** If there's no clear finish line, you won't be able to know if you've succeeded. Vague goals create anxiety and drain energy.
- 6. Identify what might stop you from succeeding.** Anticipating possible obstacles means they are less likely to derail you when you encounter them. Some will even disappear just by being named.
- 7. Focus on what you want, not what you don't want.** Sounds basic, right? You might be surprised. Energy follows thought, so you attract what you focus on. Phrase resolutions to express the positive, not the negative, side of your goals.
- 8. Make your physical environment**

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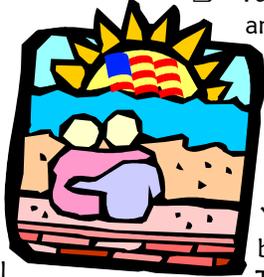


Ultimate New Year's continued

never allow life to be anything less than great. "We must resolve to work with greatness and never forget to do so again. Every workday is a concert, a Nobel prize ceremony, or an Olympic victory."

The article in *Fast Company* goes on to say that the "shock of death" has altered our view of our competitors from one of having to beat them to sharing our humanity with them.

Koestenbaum's hope is that this wake up call will teach us to contribute to an ethical world, a civilized existence, a moral order. "Perhaps the greatest lesson is that we have not loved enough, that we have not cared enough for our neighbor, that we have been competitive instead of compassionate, critical instead of kind."



Thoughts for the Workplace

When asked about coping strategies at work, Koestenbaum suggests that you ask yourself the big questions:

- What have I done wrong in my life?
- What have we done wrong as a society, as a team, as a family?
- What must we now do right?
- Take time to redefine yourself and how you work.
- Write down your new work-life description.
- Revise it and make that revision an oath, a conversion.

You are promising yourself to be who you are meant to be. That may be your greatest responsibility now, your "Ultimate New Year's Resolution!"

Source: Fast Company, "After Shock," by Polly Labarre. January 2002

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do the work. If you want to watch less TV, put it in storage. If you want to curb credit card spending, keep them in a safe deposit box for emergency use only. If you want to eat healthier foods, make sure that's all you have in your house. You get the idea.

9. Visualize the benefits of your goal. Be specific and clear to yourself about why the outcome is important and worth attaining. Imagine how good it will feel. Relish the details.

10. Get support. Change is easier and more fun when you have a coach to help.

About the Submitter:

Coach Deborah Keahey is an award-winning published author, online educator, and owner of Lifescape Coaching. She specializes in coaching women in a wide variety of situations. Deborah can be reached online at www.lifescapecoaching.com or

Top 10 Things To Be Grateful For

1. Your health.

Good health is first and foremost to anything else you may have or want to do.

2. Your family.

A supportive and stable family life enables you to move forward in your life and towards your dream.

3. Your significant other.

Having someone to love and share your wins and challenges is the icing on your life.

4. Waking up in the morning.

Every day above ground is a good day! Embrace it and make every minute count with what matters.

5. Having choices.

Knowing that you CAN if you want to is very empowering. It's up to you to make it happen!

6. Knowing that the Universe is abundant.

There is no need to fret about not having enough, or your competition. The Universe does have enough for all.

7. Freedom of speech.

Being able to express your ideas, thoughts, and feelings is a true blessing. It enables us to be all we want to be by influencing others.

8. Freedom of religious worship.

Whomever and whatever your God is, you have a choice to honor that if you wish.

9. Freedom to BE.

By taking a small step at a time, we can create a dream life for ourselves.

10. Being yourself.

Marching to the beat of your own drummer is the force of our life. BE it, even when no one else agrees.

About the Submitter:

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