



"Find the BEST YOU with Life Coaching!"

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What is the single most productive tool one can have in order for one to be a success or feel like a success is a question that is often posed to me? The answer is very simple. Have a positive attitude! Having the ability to see and gauge small accomplishments rather than focusing on failures will take you much closer to your goals in a much more pleasant and quick manner.

So how can we apply this wisdom? Take the classic story of someone who is trying to lose weight and has set a goal of losing 50 pounds in six months. They are very careful with their diet and exercise and work extremely hard for every pound that they lose. Four months later they are well on their way and have lost 30 pounds! At the end of the six-month period they have lost 40 pounds! This is a great accomplishment although they didn't meet their goal. Then the holiday season comes and with it much partying. They gain back 10 pounds. The net effect is that at the end of seven months they have lost 30 pounds.

To some people losing 30 pounds in any time period is an accomplishment to be proud of. To some people, not losing the 50 pounds in the established time limit of six months is a failure. To others, gaining back 10 pounds is a failure. **IT ALL DEPENDS ON WHICH ASPECT OF THIS STORY YOU FOCUS ON!**

If we fast forward to two months later, who do you think is most likely to be back on the diet and successfully losing weight? Of course! The person who was so proud of the 30 pound weight loss is much more likely to use that pride and success to springboard him to complete his goal of losing 50 pounds. The ones who feel like a failure are much more likely to give up because after all the work that they did, they still were not a success!!! So why bother? Achievement seems to be something they will never be able to taste.

It is very important to set goals and have something to work towards in many aspects of our lives. So, as we live from day to day, we have to recognize the small steps that we have succeeded in taking towards those large goals. We must be able to congratulate ourselves and use that success to take us to the next success! Focus on your wins and remember two steps forward and one step back is still one step forward!

When you look back at 2010, look at the successes and accomplishments you achieved, big and small. Congratulate yourself! Pat yourself on the back for all that you managed to do! Then set your sites on 2011 and use that satisfaction in yourself to create goals that you heretofore believed were unattainable! What's the worst that can happen? You may just achieve parts of those goals. Just think though, you may achieve the entire goal! You won't know until you try!!!

HAPPY HOLIDAYS!!!

Warmly,

Anita

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