



It's the beginning of January - the **time we all pledge to a "new you in the new year!"**

The top New Year's Resolutions for 2018 (as compiled by YouGov, a polling firm) include:

- Eat better
- Exercise more
- Spend less money
- Self-care
- Read more books
- Learn a new skill
- Get a new job
- Find a new hobby
- Focus more on appearance
- Focus on relationship
- Cut down on cigarettes/alcohol
- Go on more dates
- Focus less on appearance

But researchers at University of Scranton suggest that only 8% of people actually stick with their New Year's Resolutions. yikes...

So, what's the issue? Too many, too lofty, no accountability? All of it.

Essentially we have resolutions, but not solutions. We have aspirations, but not action. And as a result, we have transactions, but not transformation.

Solutions have the power to shift our aspiration to action.

Solutions require 3 things:

1. **Trust:** we need to trust ourselves and find others we trust to support us through change (like a coach or a mentor)
2. **Goals:** we need specific, actionable goals with clear measures of success

3. **Structure:** we need a structure that will dictate action (even when we don't feel like it)

What do solutions look like?

- Shopping for and preparing a week of healthy meals
- Hiring a trainer or recruiting a fitness partner to meet you at the gym
- Creating a budget and documenting daily spending for 6 months
- Joining a yearlong book club
- Enrolling in a class to learn a new language or other skill
- Buying a journal to track progress
- Registering for a formal mentoring program or a coaching circle

We don't need a calendar change to implement new solutions. We just need more intentional commitments and less perfunctory pledges.

Here's to a year brimming with solutions!

Ann Tardy



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Did you know?

(1) I'm super excited to announce that my new book, *In a Flash!* is in print! A collection of your favorite *Flash!* articles from the past four years. I'll provide information over the next few weeks about how to get your own copy. Thank you for your constant encouragement and enthusiasm for my work: if you hadn't been cheering, I wouldn't have compiled them into a book for you.

(2) Is your organization using our MentorLead platform to create an impactful mentoring program? You'll want to join us for our next [Success @ Mentoring webinar on Wed, Jan 9: Mentoring 101 - Getting Started and Getting Matched](#). Check your mentoring platform

(3) Are you architecting a mentoring solution or preparing to launch or re-launch a mentoring program?

Save the date for our [next webinar on Thursday, March 28: The Formula for Powerful Mentoring Programs: Discover the Secrets to Launching and Leading Mentoring Programs that Matter to People and Organizations](#).

To obtain a calendar invite, email rebecca@lifemoxie.com.

for details on how to attend.

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