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## **HOW DO I SET A NEW YEAR'S RESOLUTION THAT WILL WORK?**

It is 2008, a fresh new year, and a great time for resolutions.

Friedrich Nietzsche, a German philosopher, said "He who has a strong enough WHY can bear with almost any HOW." In other words, start your resolution with the outcome in mind, and ensure that it is very meaningful for you and ties in with what you are passionate about.

Next, make sure that it is a SMART outcome. SMART = Specific Measurable Achievable Realistic and Timelined.

Make a plan to get there.

Believe you can achieve it, and allow yourself to experiment with it.

When you set your resolution, know why you are doing it, make it tangible with the SMART tool, create a plan, get into action and do it for you.

An important sidebar worth noting is to have a visual rendition of the end result. This can be a chart, graph, list of checkpoints, a map to highlight as you get to preset destinations, photograph, picture or any reminder that is meaningful to you and keeps the outcome at top of mind daily for you.

Plan your outcome and work your plan.

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