

## **Real Life Balance – Achievement Brings Sunshine but You Need an Anchor!**

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### NEW YEAR RESOLUTIONS

According to UK Statistics 14 January is the day when most of us will break our New Year Resolutions. Are you one of these? On the stroke of 12 midnight on the 31<sup>st</sup> of each year I stopped making a New Year Resolution and for the last 7 years focus on a durable Action Plan. This was since attending Tony Robbins Workshops and following his books and posts.

Behind the seductive lure of “New Year, New You” lies another kind of mistake, too: the idea that what we require, in order finally to change, is one last push of willpower. (Presumably, the hope is that the “January feeling” of fresh starts and clean slates will deliver finally!

For the past two years using this method I have managed to achieve 11/12 in 2014 and 10/12 in 2015 and with that I am happy with that. For 2016 I will endeavor to achieve 12/12 and I would like for you to join me. Because we don't like to failure but failure is healthy and you should embrace it. I don't beat myself up if I don't 'ACHIEVE' all our Goals just as long as I have achieved 50% plus and then I look at those I did not achieve and ask myself the question, 'Why?'

For example: I wanted to have had a £3m turnover in my business – it did not happen – but I can justify this with myself and no one else as it is yourself that matters here. I was not well with several hospital visits and I had new FCA regulations – Money Laundering and Data Protection Regulations from Europe and I had to buy out a Partner and so on so I feel I can live with that. Though for 2016 I have put that back on my List and learnt from those lesson and have moved on and will deliver this for 2016.

It is important that you live 'HAPPINESS' and that you have a purpose to feel that sense of fulfillment – otherwise you will be a ship without an anchor and you will just drift and another year will pass. When we don't achieve our ACTIONS it can create inner turmoil and even a sense of loneliness - share your list as I am doing on Social Media and with my friends – colleagues and those who attend my workshops. Always focus on the Present You not the old you or the you that you think you are or want to be.

You are probably not alone the right person to make those life changing changes without someone you trust to support as guidance from a Mentor to Life Coach. We have Business Mentors – Money Mentors and for 2016 our own Life Coach – Angela who is off to Hollywood with her new book which is being turned into a film <http://www.gateway2enterprise.co.uk/growth-mentors.html> to book a session for January 2016 we have our own 'January Sale' for 2016.

Here is my 2016 List:

1. Embrace Happiness– smile – laugh and the sun will come out to play always if you let it.
2. Strive for fulfillment – this is personal fulfillment on what you measure as this inner feeling of contentment
3. Have a purpose – we are all put on this Earth for a purpose – have you found yours yet?
4. Be kind – it costs nothing to reach out to be kind to others – even those who are not kind to us.
5. Share – your knowledge –expertise – wealth and good fortune.
6. Have time for you – indulge yourself every week
7. Financial Security – remember that when we reach an age to slow down – do we have the money to do so?
8. Fit and Healthy – find a sport/activity that makes you happy and is fun for you.
9. Take time for friends/family – people that love and care for you unconditionally matter more than you will ever know.
10. Learn a new skill – this makes us feel so important and gives us an URIKA moment.
11. Rise to challenges – is it to pay off the mortgage or save every month or reach a certain body weight – do it!
12. Forgiveness – if God can forgive then so can we and it makes me smile.