

10 Steps to Successfully Achieving Your Outcome

'All worthwhile men have good thoughts, good ideas and good intentions – but precious few of them ever translate those into actions'
(John Hancock Field)

How many times have you made a New Year Resolution and not kept it? You're certainly not alone. Many people don't even make it through the first day!



The Cambridge Advanced Learner's Dictionary defines a New Year Resolution as: ***'a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year'***

So what is so significant about 1st January? The answer is simply that it is a first day. The start of a new year prompts the start of a new behaviour, eg to eat healthily, be more organised etc. But the date itself doesn't actually make it any easier (or harder) to achieve your outcome. You might choose the first day in a new job, or your birthday, or the first day of next week. In fact, you could begin your new behaviour on any day.

You may have heard the popular saying: ***'Today is the first day of the rest of your life . . .'***

So, if you're looking for a first day to **begin a new behaviour – TODAY** is the best first day to start.

So what can you do to make it more likely that you will achieve your outcome?

Download our booklet

'All Year Resolutions – 10 steps to successfully achieving your outcomes'
from the website www.breakthroughandgrow.com

for an easy-to-follow guide to help you make important changes in your life.

