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TIPS FOR SETTING NEW YEAR RESOLUTIONS

2019, here we come!

Here are three tips to set your New Year's resolutions and increase your chances of reaching your goals.

#1

Prioritize Three Goals -- Stop, Start, Continue

"When we set too many goals for ourselves, we lose track over time of what is most important and often fail to accomplish much of anything."



STOP

Most of us have habits that are holding us back from becoming the best version of ourselves. So call yourself out on one practice that hinders your progress and commit to stopping it in 2019.



START

Is there something you have always wanted to do but never transitioned to action? 2019 is the year to start on the things we have always wanted to do but never quite made them a priority.



CONTINUE

Chances are, you have been doing SOMETHING right, and that has been contributing to your current success. Whatever that may be for you, keep it up and continue to reap the rewards.

#2

Engage With Others



Engage with your circle of friends

Every individual should surround themselves with advisors and influencers who positively and proactively challenge them. These people play a key role in energizing us to reach our peak performance.

We should communicate with them our three prioritized goals and enlist their support in holding us accountable throughout the year.

#3

Track and Celebrate Your Milestones

Completed Level 1
of Japanese language
MARCH 2019

Had a conversation
in Japanese
JULY 2019

We must move forward one step at a time which is why it is important to both track and celebrate our milestones along the way.

These short-term accomplishments keep us motivated and on track to achieving our long-term goals.

HOW TO TURN NEW YEAR RESOLUTIONS INTO CONCRETE GOALS

“Character is the ability to carry out a good resolution long after the excitement of the moment has passed.”
Cavett Robert

It is that time of year again -- the time during which we draft, write out or simply dream up different resolutions about how to improve our lives in 2019. But drafting a resolution alone is not enough. You need to turn your resolutions into concrete goals so that when you look back next year, you can clearly see how you did. How do you turn resolutions into actionable goals? Read on for 5 tips that we are sharing with you in this month's InfoPays:

1. Use the power of visualization.

Being able to see the goals you have outlined is powerful. Humans are forgetful especially in an era of consistent and constant information overload. A community board or a digital screen where your team can see the goals daily is a great step to making those goals “stick”.

2. Break the cycle of inaction.

This is truer than anything about achieving resolutions and getting life-changing results. Most people are stuck waiting for the perfect conditions, and we all know that they don't exist. The time to act on your goals is now, and there has been no better time.

3. Ensure goals are SMART.

An age-old concept, SMART goals is a simple acronym to remind you that goals need to be specific, measurable, agreed upon, realistic and time-based. An example of a SMART goal for your business: increase revenues by 15% by the end of next year through launching a multi-channel campaign spanning on TV, radio, and social media.



4. Share your goals with others for accountability.

When you share your goals with others, you suddenly have the responsibility not just towards yourself, but towards the person with whom you have shared it. No one likes to be called out for not delivering on what they set out, so the added peer pressure may be the motivational boost that you need to help you achieve your goals.

5. Break down goals into measurable actions.

This is a powerful strategy in defining smaller milestones that are crucial in building your morale and making you feel confident in your ability to tackle the big items. It also helps you feel more organized by providing a roadmap and progress updates.

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