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**New Year’s Resolutions Redux:**

***8 Ways to Make Them Actually Work in 2012***

by Karen & Henry Kimsey-House

SAN RAFAEL, CA, December 12, 2011 – Ever notice that when most people set their New Year’s Resolutions, they often don’t make it a month before they give up on effecting meaningful change in their lives? It doesn’t have to be that way. In the 20 years since we helped pioneer the life coaching profession, we’ve learned a thing or two about what really works to set and achieve goals. Here’s how to make those New Year’s Resolutions stick for a change:

1. **Start with a blank slate**. Most people set up their New Year’s resolutions based on their failures from the past year. This begins the year with guilt and shame so the resolutions feel like a punishment and you end up recreating your failures. Not the way to motivate yourself. Instead, with a loved one, write down all your breakthroughs, breakdowns and things you didn’t accomplish you thought that you would and read them to each other. Forgive yourself your failings and learn from them. Hold a ceremony and burn them. Watch the smoke go up in the sky as they are released. Now you can start the New Year totally fresh.
2. **Select an inspiring new theme**. Celebrate and focus the New Year by deeming it the “Year of \_\_\_\_\_”. It could be anything from the Year of the New Puppy or the Year of Optimal Health to the Year of Transition to Retirement. This makes it fun and gives it an overarching emphasis attached to something meaningful to you and current to this time of your life.
3. **Choose your new intentions**. With the theme in mind, ask yourself what you want to see happen and what you want to show up in the coming year.
4. **What if it were your last year on earth?** Would your resolutions be different? Better believe it. Whether it’s to swim the English Channel, claim three weeks of vacation (one unpaid) or mend an estranged relationship, include some of those bucket list items this year.



*Karen and Henry Kimsey-House resolve to relax more in 2012, the 20th anniversary of their birthing the*

*life coaching profession.* Photo by Phil Saltonstall Photography

1. **Include “being” resolutions, not just “doing” resolutions**, like “I am fully present when my children are talking to me” or “I treasure my body.” Focus on qualities you want to exude not just tasks to complete. And put them in the present tense so your brain hears it as a done deal.
2. **Set fewer goals.** Would you rather succeed at three out of three resolutions or one out of twelve? It’s easier to focus on achieving fewer goals than many and the psychological effect of checking all of them off is encouraging.
3. **Create structures to rewire your brain.** Trick yourself into transformation by setting up reminders in your environment: Repaint a wall in your house a color that represents a goal or with the actual resolution spelled out in huge letters. Set your alarm clock to sing your New Year’s Resolution theme song. Order a case of your own private label wine with your resolutions emblazoned on the bottles. Get a personalized license plate that keeps you focused. Change all your computer passwords to remind you of your goals.
4. **Enlist a resolution buddy**. Grab a friend, spouse or sibling for mutual support in sticking to your New Year’s Resolutions and jump into the challenge together. Using an accountability partner is a tried-and-true method and it’s more fun than doing it alone! If you can’t find a reliable buddy, consider hiring a certified life coach to keep you on track.

*Karen and Henry Kimsey-House are the co-founders of* [*The Coaches Training Institute*](http://www.thecoaches.com/) *(CTI), the oldest coach training school in the world, and are the co-authors of the best-selling book in the industry,* [Co-Active Coaching: Changing Business, Transforming Lives](http://www.amazon.com/Co-Active-Coaching-Changing-Business-Transforming/dp/1857885678/ref=sr_1_1?ie=UTF8&qid=1323216418&sr=8-1)*, just published in its third edition.*