

WHAT HAVE YOU DONE THIS CHRISTMAS?

Great. I believe the best gift we can have at xmas is the gift of time. Time can be a blessing or a curse depending on how we utilise it.

- Time to look back over the past year (reflect)**
- Time to appraise (dissect)**
- Time to plan (affect)**

We can also use to time to get depressed, wallow and lower expectations. A lot of us do this when we look back over the year, because many of their goals and expectations we set were not achieved.

When we look back we can decide to get BITTER or BETTER.

What's the difference between the words bitter and better?
There is one difference the second letter in both words the I and the E.

A seemingly small shift and adjustment can make a big difference in the meaning of a word and also in your life.

Meeting the right person, reading the right book, looking at a situation upside down, inside out back to front, can make all the difference.

If we believe that the solutions lie within the problems, it will dramatically change how we face life. What is classed as a solution and a problem is also a personal opinion, for example many more young people turning to smoking is a problem if I'm a doctor, and a solution if i'm a tobacco manufacturer.

Is losing your job or ending a relationship a problem or a solution?

It's a matter of perspective, it's all down to you what you do with it. Our decisions and choices make it one or the other we have the power to decide whether events in our lives become catalysts or catastrophes

This also means that if we admit that our problems and solutions lie within our own selves, we are beginning to take back our power. If it's someone elses fault I AM powerless, if I have some responsibility I AM powerful. my life and destiny are now in my hands. no more excuses

When you look back over your year say "Great past year, Happy New Year" your new year cannot be happy without learning the lessons

- Ate a lot?**
- Drank a lot?**
- Slept a lot?**
- Met family and friends?**
- Watched Xmas TV?**
- Bemoaned certain presents?**

of the old year and putting them into practice. Life is about having experiences and learning lessons. Lessons are like medicine, they don't always taste nice going down but can have lasting benefits. If you had experiences in 2009 you wish passed you by then ask yourself

What did I learn from this?
How can I prevent this from happening again?
How can I use my experiences to help others?

My definition of Failure is 'An experience we would rather not have, but learnt positive lessons from'.

My definition of Success is 'An experience we would rather not have but learnt the positive lessons from'.

If you can look at the low and high points of 2009 in this way, you will be helping yourself to have a HAPPY NEW YEAR for 12 months not two.

When you say happy new year to your family or friends, ask yourself what is and what will be new and happy about your year?

Don't say HAPPY NEW YEAR to yourself or someone else until you can answer that question

The last statement is my first new year SOLUTION not a resolution. Resolutions take time to develop and work through, solutions are instant.

Make new year solutions first. SOME not ALL solutions need resolutions.

Solutions create resolutions if they are needed not the other way round.

HAPPY NEW YEAR

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