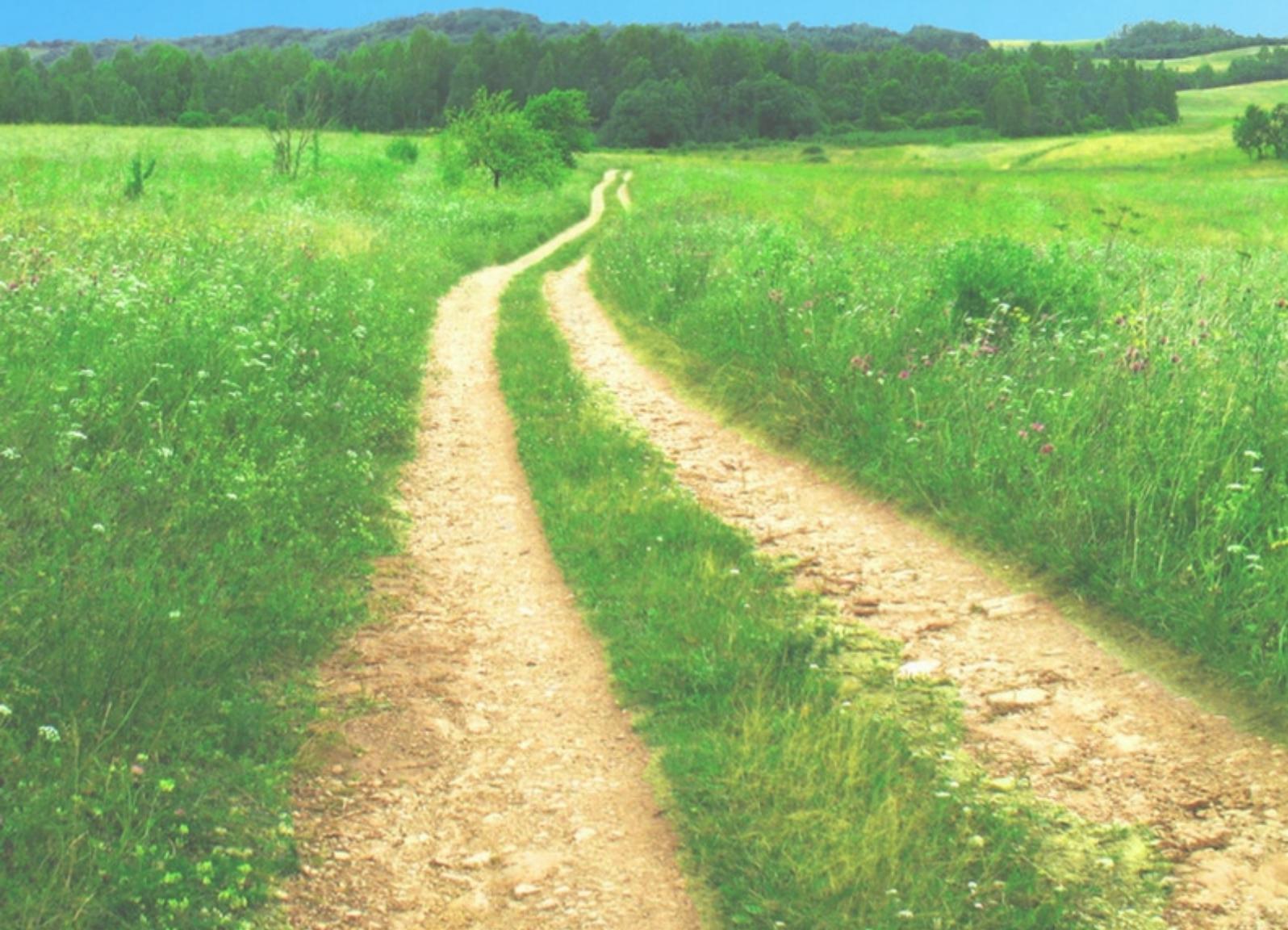


How to make  
resolutions  
you can  
stick to



## Beneath anything that we want to do or accomplish is something that we want to *feel*.

Have you ever set resolutions or goals, only to find that you didn't stick with them?

You aren't alone if that sounds familiar, most resolutions fall by the wayside in the first month or so.

### **But what if you could change that?**

What if you could shift the balance in your favour?

What if there was a way to make resolutions that you could stick to?

What if you made feeling *good* a priority?

There **is** a way you can do that.

And it isn't difficult.

Just different.

## The missing piece

The secret to why we don't keep the promises we make to ourselves is that they are ***missing something***.

And that something is a ***feeling***.

The way we typically set resolutions – by simply making a list of things we want to have or do or achieve – sets us up so that they probably won't last long.

How much time do you spend thinking about *WHY* you want what you put on your list?

It's the *WHY*, the ***feeling*** behind the resolution, that is the real motivator.

Take a moment and ask yourself what the *feeling* is that you want from the resolution.



When you work that out, you flip goal setting around and give yourself a much greater chance of sticking to your resolutions.

Putting the feeling *first* will make it much more likely that you will make a resolution that is important to you, *and* that you will stick with it.

## Ready to set resolutions that you can stick to?

Take a little while to think about *how* you want to feel as you go about life.

What would your life be like if **that** was your goal?

How would your life be different if you looked for opportunities to feel that way *every day*?

What would your life be like if you planned your day and your week and your year with that feeling as your focus?

## So, how do you want to feel?

If you haven't spent much time thinking specifically about how you want to feel, this can be a hard question to answer.

[Here's a quick little audio](#) I've recorded that can help guide you. Or download it from <http://bit.ly/2haNla0>

**Now that you've listened, write down 3 feelings that come to mind that you think are core to your wellbeing.**

Knowing how you want to feel will help you decide which resolutions or goals, or intentions, to go after. They can help you map out a life that feels like a grand adventure.

When you are considering a resolution you think you want to make **check in with yourself and see how it aligns with how you want to feel.**

Ask yourself whether it brings you more of how you want to feel. If it's in alignment, then it is probably a resolution you will find easier to stick with.



If not, then think about how you might tweak it so there is more of the way you want to feel in it.

If you are stuck, then when you are thinking about a resolution, (or a goal or even an intention), ask yourself

*Why do I want this?*

*How will I feel once I achieve this goal?*

*Is this a feeling that is core to my wellbeing?*

And then ask yourself

*What can I do to feel that way on the **journey** to the goal?*

Because if you can find small ways to feel that way you won't have to wait until you reach the goal for life to feel the way you want it to feel.

All the best with your resolutions for the coming year. I hope having the missing piece helps you make resolutions you can stick to and it becomes an awesome one for you. I can't wait to hear where it takes you.

Derrin



If you feel that you need someone to guide you through the process of setting your resolutions and goals, or to keep you accountable, get in touch. I would love to offer you a FREE 60 minute Life Mapping call where we can work out what you need to get you moving towards where you want to be. Just email me and we can make a time.



I'm a coach working with women at midlife, helping them work out what lights them up so they can live with purpose and enthusiasm. I draw on the many life lessons that unfolded walking 900km across Spain (and other long distance walks) as well as my experience as a teacher, a gifted education consultant, mentor, author and creative maker in helping women find what brings meaning to their life and design the next stage of their journey through life. I'd be honoured to help you too.



Derrin Cramer – Coach to women who want to feel ALIVE  
[www.derrincramer.com.au](http://www.derrincramer.com.au) [hello@derrincramer.com.au](mailto:hello@derrincramer.com.au)