



PENNY HOLBURN COACHING

It's about You and Results

No more New Year Resolutions

8 January 2018

First of all, let me wish you a wonderful year ahead. May 2018 be full of love, joy, happiness and success. There is a whole year ahead of you; a whole year full of opportunities for creating the life you want. Some things will not be in your control, however lots of things will be in your control. And how you respond to everything is in your control.

I have never really been one for making New Year resolutions. I dislike the "should do" type of thing. I prefer to do things in my own way and how I like them, which is a bit less structured than the norm. What I do like are philosophies or themes, or sayings/mantra's. And for this year it is - "Focus on what you want."

That is it. That is all. I am going to give my attention and focus to what I want in my life and take my attention and energy away from what I don't like, what irritates me, and what annoys me or makes me miserable.



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Now before you say to me, "But Penny, I always focus on what I want", let me ask you a few questions to challenge your thinking.

1. What do you spend most of your alone time thinking about? Is it about your vision and dreams and goals for the future? Is it thinking about your annoying job or irritating boss? Is it about the person who was rude to you or yelled at you? And how much time is spent thinking about your goals and dreams versus thinking about what you don't like about your job, spouse, country, economy and so on. For most people more than 50% of their time is spent thinking about what they don't like about their life.

2. What do you talk about? When you get together with friends, family, colleagues, what are the topics of conversation? Do you share your plans and dreams and successes? Do you complain about the politicians, economy, work, the weather? How much of the conversation is about stuff you really love in life?

3. Where does your energy go? Money is the currency of our man-made world. Energy is the currency of the universe. Where you spend your attention is where you spend your energy. So what gets your attention? What you love or what you hate? How much attention and therefore energy do you give to things that make you feel happy versus things that drive you crazy or irritate or annoy the hell out of you?

4. To some extent most of us overthink and repeat thoughts over and over again. Are your periods of rumination about what you love and what makes you happy, or about what makes you feel sad and bad and annoyed?

You can spend some time thinking about this and looking at how you do spend your energy. You can also make the decision to spend your energy, attention and thoughts on what you want. What you focus on becomes bigger in your mind. So focus on what you want. Make a list of everything you love, enjoy doing, and how you want the year to turn out. Then deliberately start to focus your attention on those things. This is practice. You can get good at it. And when you do you will give little energy to what you don't want - only enough energy to change what you can, and lots of energy to what you do want in your life.