



Coaching Tip: The Gift.

Not surprisingly, the theme of this month's issue is 'gifting oneself'. And why not? With the Thanksgiving feast and reflection, we began the month-long period of holiday festivals filled with friends, parties, gifts and heartfelt plans for the coming year.

The standard refrain so many of us hum once the New Year has passed is the inability to follow through on those 'resolutions' – gifts to one's self - meant to change our lives with getting out of this business, weight loss, smoking abstinence, more time, a profitable year, and saved funds.

Why is it so hard to make them happen? Do we make these yearly promises with the underlying belief that 'a promise made to me has less import than a promise made to another'? Is it easier to believe our own excuses for not starting and not following through than if we heard it from some one else who might have let us down?

Here's an idea to make it a little easier on yourself: When you make this year's resolution, make it a SMART one – one that is Small, Measurable, Actionable, Results oriented and Time dependent. Set your goal so that it's easily accomplished (small – so that would be 'leaving the office 15 minutes earlier by next Tuesday' instead of 'taking off a week sometime this year'), you know how effective it's been (measurable), you know what you need to do to accomplish it (actionable), you know exactly benefit it will provide (results oriented) and you know when it will be reached (time dependent – make that 7 days and not 7 months).

Write down these 5 points simultaneous with making the 'resolution' and you will have created an actual plan to follow through and make it real. And if you really want to gift yourself, you'll tell at least 5 people about this plan that'll look forward to hearing about the success you enjoyed when it's accomplished.

The gift of personal accomplishment is empowering and stimulating, and, its biggest benefit to you is the desire it will create to have another win (your next gift) immediately after the first. So give yourself a real gift – the opportunity and ability to make personal promises your personal reality. I've given you the tools – execution is up to you. If you find this works, I'd love to hear from you and offer you the official "Atta girl/boy" congratulations!

By Andrea Feinberg



© Copyright 2004 Andrea Feinberg for Coaching Insight. All rights reserved.
516.338.6842 / 1(800).725.9694 PIN# 55
www.coachinginsight.com