

Book That Job eZine

Get Rid of New Year's Resolutions that Don't Stick Once and For All

A handful years ago, in the middle of a sweltering July day, my sister turned to me and said, “My New Year's resolution is going really well.” Caught completely off guard, I searched through my mind for a moment of time that was not humid and 97 degrees. I finally recalled that yes, at the beginning of that year, I too had New Year's resolutions! And that's where our similarities ended: I had *zero* recollection of my “life-changing” resolutions that were designed as the New Year arrived with its fresh hope.

Cut to yoga class a few months later at the end of a particularly long and exhausting week. I arrived at class early and was able to relax on my mat with the pleasure of not needing to be or do anything. My mind emptied as I gazed at the trees out the window while listening to calming music and the sound of my own breath. It was a complete revelation. It struck me that even if yoga was not to follow, just having concrete time and space in order to unplug from daily life and to tap into a deeper inner place was already of infinite value.

And thus “Leap with Passion” was born: an end-of-the-year workshop allowing both time and space in order to be intentional about the year just lived and the new year about to begin.

I began designing the Leap with Passion workshop by taking into consideration what most of us mere mortals have going against us as the New Year comes into view: relentless holiday busyness. I find it nearly impossible to carve out the contemplative space necessary during the holidays to look at my life in any clear, grounded way; I imagine it's not any easier for my students.

As Leap with Passion embarks on its 10th year, attendees are invited to arrive a half-hour before the workshop begins to really become present with themselves. The length of the workshop itself is a generous 5 hours, which allows participants the time and space they need in order to enter into a positive and creative flow state. This alpha or in-the-zone state is key in helping those taking the Leap to turn off their conscious, chattering selves and zero in on a calm mind conducive to creating perspective.

Perspective is that very ingredient that I believe to be missing when New Year's resolutions do not stick. We might be able to tell ourselves a thousand times over what it is that we should do resolution-wise (and we very well may be absolutely on target), but there is nothing like a powerful perspective shift to provide a compelling reason as to WHY we would want to do, be or have something. It's that deeply rooted reason why that has the power to motivate us like crazy.

Einstein says, “No problem can be solved from the same level of consciousness that created it.” Throughout this work, I essentially guide participants through a mind-stretching series of questions. The questions themselves are intriguing, but it is ultimately the way that they are arranged that creates a dynamic perspective shift. When our perspective shifts and we encounter a new way of thinking or seeing, it becomes nearly impossible *not* to make the changes that we long to make.

It's from that rich place of knowing that participants begin to see the current year in a whole new light including all of its challenges and gifts. That clear and empowering vision sets the stage for the creation of three life-changing focuses for the New Year with action steps and visuals to support. The three focuses are designed go way beyond mere goal setting and aim to ignite potential and possibility throughout the year.

Each year, before I lead the workshop for others, I take myself through Leap with Passion. I am always amazed that where I end up is rarely where I think I'm heading before beginning the work. For me, each layer of discovery takes me closer to the core of my being. When I'm no longer making vital decisions from my conscious mind but from a deeper place, I am able to honor my true growth as well as design focuses for the next year that have the greatest potential to add meaning and value to my life and the lives that I touch.

I invite you to join me during December or January for the Leap with Passion workshop. I'll then look forward to hearing, during the following July, how your New Year's focuses continue to inspire your life even on a sweltering hot summer day!

About This eZine

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