



Welcome to the **Discovering your True Potential** newsletter.

'TIS THE SEASON...

Hello readers,

Well, it's that time of year again! Time to prepare for all those Christmas festivities, planning for holidays, accommodating family and friends, and don't forget those all-time New Year's Resolutions!

How many times have you set yourself New Year's Resolutions only to find yourself, 2-3 months down the track, remembering that you haven't done anything about them?

What New Year's Resolutions have you set in the past?

- to stop something (smoking, drinking, swearing)
- to get a new job?
- to change a habit?
- to achieve financial freedom!
- to take that fabulous holiday overseas!

New Year's Resolutions are great.... if we could actually stick to them, right?

How would it feel to actually know that you could achieve your resolutions this coming year? Wow! Imagine the impact that would that have on your life?

What could you do differently this coming year, to ensure you will achieve your New Year's Resolution for 2010?

Tips:

- Be Prepared! Don't leave it to chance. Plan your new goals NOW. Decide what it is that you want to achieve this coming year and write it down.
- Plan! Break your goal down into smaller, bite-sized steps. This will help you keep motivated and stop that feeling of becoming overwhelmed.
- Create a 'visual' of your goal. Being able to 'picture' what you want to achieve will create an emotional connection to your goal and help keep you focused and motivated.
- Set a deadline! Make sure you have a deadline. This will help keep the urgency in your actions and keep your motivation levels up.
- Write it down! Make sure you write down your plan and goal, and set yourself actions each week that will help lead you closer to your end goal.
- Share your goal with someone close to you. Ask them to check in with you each week to hear your progress. This will help you to feel more accountable to your achievements.
- and of course... find a coach! A coach will help keep you focused and will work with you until you have achieved your goal.

Coaching Questions:

Some questions to help you prepare better for your New Year's Resolution:

1. What are your achievements over the last year?
2. What could you have done differently?
3. What could you do differently this coming year to ensure you achieve your goals?
4. What have you given up on in the past that you would really like to achieve?
5. What goals do you want to set for this coming year?

6. What will it look like to have achieved your goals in 2010?

7. What does 'success' look like for you in 2010?

Resources:

- **Discovering Your True Personal Potential Workbook:** This step-by-step workbook is set out to help you plan and achieve your desired goals. For further information and for a copy of your FREE introduction download, visit: www.truepotentialdiscoveries.co.nz

- **The Secret, by Rhonda Byrne:** Discover ways of connecting to the 'universe' and achieve anything you set your mind to. Available in all book stores.

Recommended Books:

- **YOUR BRAIN AT WORK:** by David Rock - Know your Brain, transform your performance...

- **DO WHAT YOU ARE:** Paul D. Tieger & Barbara Barron-Tieger - Discover the Perfect career for you through the secrets of Personality Type...

- **JUST YOUR TYPE:** Paul D. Tieger & Barbara Barron-Tieger - Create the relationship you've always wanted using the secrets of Personality Type...

November Special:

Purchase one **DISCOVER YOUR TRUE PERSONAL POTENTIAL WORKBOOK**, during November and receive a second copy absolutely FREE! What a great gift Idea!

Upcoming Events:

- I will be having a baby in Mid- January 2010, Yay! So if you don't hear from me in a while, you know that I have become a little busier :-)

In saying that, I still expect to put out the next newsletter in early January.....so keep watching this space!

- Business Support Group: A local support group for small business owners, held every 3rd Monday of each month. Starting up again on Monday 18th January 2010. Check website for details.

- WORKSHOP: CREATING VISION I am looking to hold one more of these workshops this year. If you are interested, or know of somebody who may be interested, please let me know, and I will schedule one in for early Dec. Check website for further details.

WISHING YOU A VERY MERRY CHRISTMAS AND HAPPY NEW YEAR!

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