



Hypnotherapy Works!

Happy New Year! I hope you have enjoyed a wonderful and fun filled festive period and now for the most exciting time of the year... setting those goals for 2013 (or as some people like to call them; New Year's Resolutions)

There is a very good reason why most people's New Year Resolutions fail before January is even over...and that is because they were never written down in the first place! When you write down a goal, it creates a chemical change in the brain which just doesn't happen if merely thinking about it.

When absorbing written goals, the subconscious (or unconscious) mind, seeks to create favourable circumstances by which to achieve those goals. By writing them down, the goals are then formulated into a new map for your unconscious mind to follow and bring about the future that you want to create!

So just what is a tangible goal? Well, in order for a goal to be workable, it has to fit into the SMART criteria: Specific, Measurable, Attainable, Realistic, Timely. EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

When I was studying business coaching, one of the most significant learning's that stayed with me is that "most people write shopping lists but never write down real and tangible life goals." How true is that for you?

What would you like to achieve for 2013? Set yourself a challenge to write down a list of 10 goals that you would like to achieve. These can be short, mid and long terms goals. **How would you like life to be different?** Overwhelmingly, when I am doing coaching work, the areas that are usually lacking in people's lives are romance with their partners and fun! Not happy with your job? Look at chunking down the steps in order to plan your life differently. **What do you need to do, in order to make this happen?** Many courses start in January or you could use the long and dark month of January to get writing those goals (or indeed reconnecting with your partner and planning 2013 together!)

Last year as an experiment, I wrote down my 10 goals and have achieved 8 of them so far. (If anyone does know of a belly dancing course in the area, please do let me know!)

If you do what you've always done, you'll get what you've always got!

Next month I will be talking about the January blues and Depression.

Nicola Beattie, Clinical Hypnotherapist & NLP Practitioner at Hypnotherapy Works

nicola@hypnotherapy-works.co.uk 07872 037426 www.hypnotherapy-works.co.uk