



Connection Pros

Allow me to start off my column by wishing a very happy, healthy and prosperous New Year to all the members of the Phoenix Chamber of Commerce. I hope all of you enjoyed a nice holiday season with family and friends and that you were fortunate enough to receive all the gifts you asked for during Hanukkah, Christmas, Kwanzaa and any other holiday I may be missing. While many of you wish that the quiet and relaxing holiday season would go on forever, IT WON'T! It's time to get back to work and start tackling your New Year's resolutions.

About 100 million Americans will venture down a well-traveled path paved with bold and sometimes hastily conceived, New Year's resolutions. It is a route covered with promises to exercise more, lose weight, stop smoking, cut down on alcohol, eat a healthier diet and make new friends. All of these are not necessarily broken promises. According to a University of Washington survey, 63 percent of the people questioned will still be following their #1 resolution after two months.

"The keys to making a successful resolution are a person's confidence that he or she can make the behavior change and the commitment to making that change," says Elizabeth Miller, a UW doctoral candidate in psychology. In addition, the study indicates that "resolutions are a process, not a one-time effort that offers people a chance to create new habits." Even if people are successful, they need to follow up on their behavior over the years, she adds.

Someone who can help you stick to more of your New Year's resolutions is George Gillas from Janus Center for Personal Development. "First, choose three powerful states you have experienced in your lifetime. Examples could be motivated, powerful, and unstoppable.

Next, imagine a "Ring of Power" on the floor in front of you about two feet in diameter. Standing outside the ring, close your eyes and recall a time when you were totally motivated (whatever your first state is). Imagine this memory so you can see it through your own eyes – actually be there again now. When you feel totally motivated step into the ring. As the feeling subsides, step out. Add at least two other events of this state to the ring, then add the other states in the same way."

I have always been a big believer in New Year's resolutions. While I don't always stick to mine, they are a great way to kick start every year. Pick a few easy ones, then add a few harder ones. With a little work, you might achieve everything you want to accomplish. See you next month.