



7 Steps to Successful New Years Resolutions

Redesign Your Lifestyle and Your Resolutions!

Reduce the Pressure

- See the goal as ongoing, active, living and flexible, not as an all-or-nothing 365-day commitment, which = failure. (*Example:* The “January gym bonanza.”)
- Small steps: Progress comes from tiny repeated actions.

Remain Positive

- A resolution that pulls you forward: something you want to move toward, not get away from. Instead of saying, “lose weight, stop smoking, and quit being negative...” Say, “make healthy decisions about food, regain energy, be in control of my daily decisions, and see more of the positives in situations and people.”
- Think in terms of intentions and what you’re looking forward to. Not “should’s,” “must’s,” “always,” “never.”
- (If a goal is as exciting as going to the dentist....)

Reflect your Truest Values and Priorities

- How do you define success? What are your highest values? (Family, Faith, Friends...)
- Do the actions of your day actually reflect these priorities?
- Remember that “No.” is a complete sentence when other less important demands appear.

Ritualize the Resolution

- Attach it to part of your day and schedule. What specific and doable action can you integrate into your life on a regular basis? When, how and for how long?

Recognize the Power of your Thoughts

- Thoughts automatically start you moving in a certain direction, positive or negative. (*Example:* New car thoughts....you see that car everywhere.)

Regroup after Setbacks

- Recommit and restarting is better than giving up.
- Predict challenges & address how you will cope ahead of time.

Visualize the Rewards

- Visualize your small and large successes, and the new outcomes for your life. How has that resolution made a difference?
 - What will be the benefits and rewards of adopting this new habit? What will you have more freedom/time/energy to now do?
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January 2, 2008 – More at Midday Outline

About Centerstone

Centerstone (www.centerstone.org), a not-for-profit organization, is the largest behavioral healthcare provider in Tennessee and the ninth largest in the nation. Serving the community for more than fifty years, Centerstone provides a full range of behavioral health and related educational services to individuals of all ages and their families. Centerstone also conducts research that seeks to identify, treat and eliminate mental illness. Centerstone provides services to more than 50,000 individuals annually. Children, adolescents, adults, seniors, and families all receive help from a multitude of different programs in more than 75 facilities and 150 partnership locations throughout the region. For more information about Centerstone, please call toll free at (888) 291-4357.

About Susan Gillpatrick, MEd, LPC, CTS

Susan Gillpatrick, Centerstone Crisis Management Specialist, primarily works in the field with clients in critical incident response situations, and in Centerstone's wellness trainings and presentations. She is also responsible for planning and implementing marketing and growth strategies for Centerstone's Crisis Management Strategies.

In recent years, Ms. Gillpatrick worked for the Shelby County Government Victims Assistance Center in Memphis. There, she co-developed a model program for the state of Tennessee entitled, "Homicide Response." Her work in this area received the 2000 Achievement Award from the National Association of Counties.

Ms. Gillpatrick is a Licensed Professional Counselor, Certified Trauma Specialist, Certified Workplace Conflict Mediator, and Mental Health Service Provider in the state of Tennessee and a National Certified Counselor. She is also a member the American Counseling Association, the Association of Traumatic Stress Specialists, the Tennessee Mental Health Counseling Association, and the Middle Tennessee Employee Assistance Professionals Association. She is a frequent presenter at local and national conferences, and has had numerous articles published. She received her Master of Education degree in Human Development Counseling from Peabody College at Vanderbilt University.