

New year, a new you!

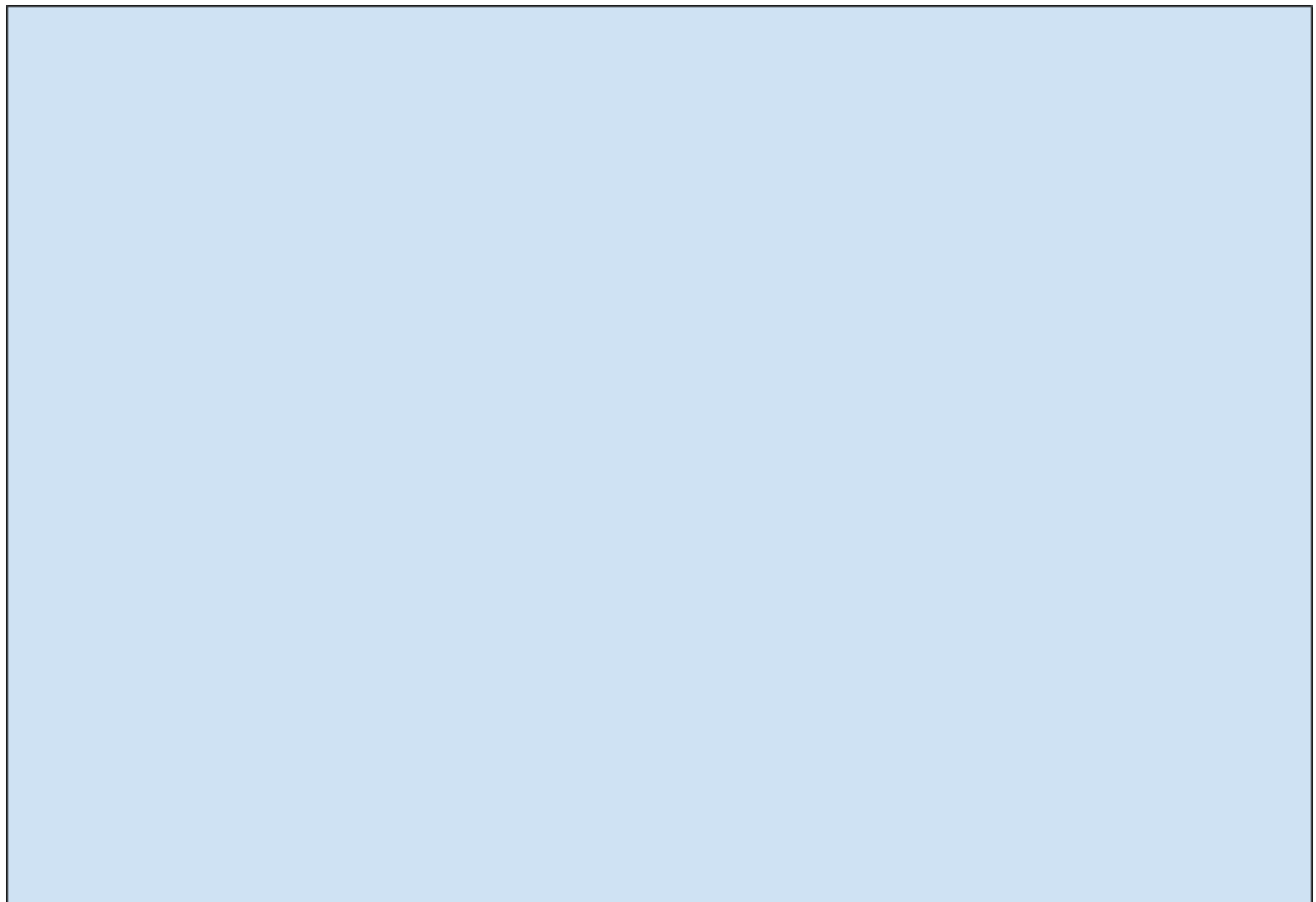
Here's a 4-step exercise to get you moving in the right direction! Make 2017 YOUR year!

CHANGE: How IT happens

Change requires a conscious decision to make adjustments to our current daily routine. If we continue doing the same thing, we will get the same results. Simple as that! There's no complicated reason other than what you put in, is what you get out.

Part One: DESIRE What do you want?

What are your wants, wishes and desires for 2017? It could be to take that trip you've been talking about or lose ten pounds or improve relationships with loved ones and/or spend more time with friends. Walk on the beach regularly or go for a hike. Drink a green juice each day. Whatever it is for YOU, brainstorm now!



Part Two: ROUTINE *What are you doing?*

NOW, let's look at your current daily routine of how you are spending your time, who you're spending it with, and what you're eating. Fill out the form below based on a typical day, including when you wake up, what you eat (including snacks), when you exercise, when you watch tv, "play" on your phone, read, spend time with family, etc. No one's looking. Be honest!

6am	3pm
6:30	3:30
7am	4pm
7:30	4:30
8am	5pm
8:30	5:30
9am	6pm
9:30	6:30
10am	7pm
10:30	7:30
11am	8pm
11:30	8:30
Noon	9pm
12:30	9:30
1pm	10pm
1:30	10:30
2pm	11pm
2:30	11:30

Part Three: WILLINGNESS **What are you willing to do?**

So how do your “wants” and “doings” match up? Are you eating the foods that will get you a healthy body, are you spending time on the activities that will get you your “wants”? Are you spending time with people who will support you in getting your “wants”?

It’s true, in order to get what you want, you need to shift what you’re doing.

So jot down the TOP three things you’re willing to do to get what you want? This means if you want to lose ten pounds, you’re “willing” would be “change my diet.” Or, if you are wanting to improve relationships with loved ones, your “willing” would be “express my interest in spending more time with that loved one.” Whatever is meaningful to YOU!

1. _____
2. _____
3. _____

*Note: you don’t have to stick to just three, but this is a good place to start. Remember, small steps equal big shifts over time.

Part Four: ACTION **How are you going to do this?**

This is where to rubber meets the road! So, if you’re “willing” is to “change my diet to lose ten pounds,” an example of the ACTION would be, “create a meal plan & shopping list and prepare food in advance to avoid eating unhealthy options.” If your “willing” is to “express interest in spending more time with a loved one” then your action could be “set up a ‘date night’.” Make it realistic. You want to set yourself up for success!

Jot down the steps you’ll take to MAKE this happen:

1. _____
2. _____
3. _____

Now go do it! :)

For support and a more in-depth look at goal setting, visit www.staceycrowcoaching.com/services, book a 1:1 individual coaching session and mention “goal planning” in the Notes. For the month of January, every Friday, I’ll be offering a “Pay What You Want” so take advantage of this opportunity to make 2017 the year you made those changes you’ve been talking about!