

## Harnessing a 'run – away' year.

---



**Do you feel like the year has taken off like a bolting bronco?**

**Don't despair...harness it with the power of 3....**

Firstly, take a deep breath, let it out and take another...repeat for 1 minute.

Now get some paper and a pen and jot down the following:

- *3 things that are really important to you, no matter what i.e. family time, exercise*
- *3 things you would prefer not to repeat from last year (What will you do instead?)*
- *3 things you really want to experience/complete/achieve this year*

Glance over your list and see if there is a general theme. Sometimes there is.

Now imagine it is the end of 2008 and create some sentences to tell the story of your year as if you are sharing with a close friend. It could go something like this...*you fill in the blanks.*

"It is December 2008 and as I look back over my year I am really pleased that I made time for....., and challenged myself to..... I enjoyed.....and what has been really important to me was.....This year has been different for me because.....and I feel really good for.....and I am proud that....."

As you are building the story see it happening in your minds eye and feel it happening as if it is real. You may want to create a story board with pictures on it to put in a prominent place to look at every week.

The choices you make in every moment about what you want to see, feel and make significant will determine whether you enjoy your year and feel fulfilled in December or whether you feel frustrated that another year has flown by without accomplishing much.

You can harness the bronco and guide it to where you want to go, or you can chase after it and hope for the best. The choice is yours.

Would you like to experience and learn a 6 step goal alignment process for yourself? Do you have the best of intentions but know you never get around to writing your goals?

Participating in a guided process can help give you an enjoyable head start. We provide coaching for business and individuals as well as teach a public workshop.

Our Goal Alignment Workshop gives you practical step by step guidance through the process. You will emerge with well written, inspiring and achievable goals which you will be excited to action.

For more details go to <http://thealignmentgroup.com/courses.html>

**Reprint and Distribution Rights:** You are very welcome to print or email this article and share it with your colleagues as long as it is used in its entirety and the author is fully acknowledged. Nothing is to be modified or changed. You are also very welcome to use the full article on your website or intranet for staff or clients to access. © 2006

## Harnessing a 'run – away' year.

---

*This is the best goal setting process I've ever done. Erica imparts her insight and skills in a very practical way. For the first time, I was able to set a very ambitious goal and still feel comfortable about achieving it.*

**Gihan Perera – First Step Communications**

*...finally listened to your Goal Setting CDs. Brilliant. Finally get it, finally doing it, working well. Practical, not 'the universe will provide' space cadet stuff... is expressed in business or practical language.*

**Toby Marshall – Abacus Recruitment**

**Erica Bagshaw** is an expert in alignment. Through NLP Coaching she helps you to align your purpose, thoughts and actions personally and in business. She has Goals packages tailored for you to get your life in order so it can flow powerfully and effortlessly. Get her free e-book **NRG at Work** giving you useful ideas to keep your energy firing. [www.thealignmentgroup.com](http://www.thealignmentgroup.com) or **phone 02 9923 1852**

**Reprint and Distribution Rights:** You are very welcome to print or email this article and share it with your colleagues as long as it is used in its entirety and the author is fully acknowledged. Nothing is to be modified or changed. You are also very welcome to use the full article on your website or intranet for staff or clients to access. © 2006