



January 2011 – There's only one 2011, what do you want to make of it?

Too often we live our lives like we always have, live out of habit. We approach the New Year in the same way. You can repeat the resolutions and wishes of previous years (lose weight, exercise more, lead more balanced work/personal life, read more, watch less TV, take a course, spend more time with family, quit smoking and/or drinking, volunteer, get out of debt, enjoy life more, get organized). These all sound very good and for many of us can be re-occurring from year to year, never really changed from one year to the next so our lives never really change. Instead of looking at it the same way as every other New Year look at it through the lens of what excites you. What do you want to create for 2011?

To make it simple and more achievable, what is the one thing you want to cultivate for 2011? It can be a personality trait like patience, courage or decisiveness. It can be a theme to live by for the year like fun, love, or action.

Pick the one word that excites you, maybe even challenges you a bit. What would it be like if you lived 2011 from that place, with that theme? Now, before your mind says "this is silly", "don't be ridiculous you can't have or be that", "one word can't make a difference" STOP. What would it feel like if you lived from patience or courage or _____ (fill in the blank of whatever it is for you) each day? Imagine its New Year's Eve 2011 and you are reflecting on the year that was, and you realized that you chose patience or courage or _____ most of the time. How would you feel having lived mostly from that place?

After a year of massive changes for me in 2010 my theme for 2011 is FUN. I will take every opportunity to choose fun – in the activities I do, in the way I approach my day, in the perspective I hold in my heart, in how I look at a situation.

What is your word for 2011? What support do you want to help you fulfill that theme?

Send me your word and I'll support you through the year to live it, in any of the following ways:

Free monthly email encouragement to live your word

Special: Buy 5 one-hour coaching sessions for yourself or someone else as a gift and I'll give a 6th one free

Complimentary New Year Coaching session in January – to help you with your theme for 2011, or anything else you want. I have 6 spots remaining so contact me now to reserve yours.

Live 2011 Fully!

Anne Taylor

Certified Professional Co-Active Coach

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