

reach your goals

Having trouble sticking to your New Year's resolutions? Angela Donaldson finds out how you can stay on track

How many times have you set a seemingly achievable New Year's resolution only to find yourself falling off the wagon just weeks later?

If you have ever wondered why this keeps happening, Dr John F. Demartini, human behavioural specialist and author of *From*

Stress to Success...In Just 31 Days! (Hay House, \$18.95), says it all comes down to our values.

"Every individual lives by a set of priorities or values, things that are most important in their life," says Demartini. "All our perceptions and decisions are based on these values." So, the reason we don't succeed

in achieving our goals, he says, is that they are not aligned with these values.

This pattern of setting regular goals which are unachievable can be damaging because we end up being hard on ourselves for failing.

"You feel like you're a victim of your history, instead of the master of your destiny," he says.

'I should...'

■ Any time you hear yourself saying that you 'should' achieve a certain goal, it's not you talking. A 'should' is somebody else's value that has been forced into your life.

■ People who live with 'shoulds' can end up with health problems because it's not their own agenda they're working towards, according to Demartini. "They've got the brake on instead of pressing the accelerator," he says.

■ You will recognise your highest values because there are no 'shoulds' about doing them. You don't need outside motivation to achieve them and you can always find energy to do them. This is because they are inspired from within.

■ You only need outside motivation when the goals you set come from a 'should', or if they're goals that are low on your list of values and priorities.

■ The life you are already living is the biggest indicator of your true values. So, if you say you really want to get fit but, on closer inspection, see that you don't do a scrap of exercise, then it's not among your highest values and it probably won't happen. ▶



Reap the rewards

The secret to achieving your goals and transforming your life, says Demartini, is to be true to what you cherish most in life – this could be family, work, making money or spending time with others.

He says that when you set goals according to your highest priorities, you'll be rewarded with more energy, vitality, confidence, certainty and purpose. "You'll be doing what you love, you'll be inspired by your life, work more efficiently and give yourself permission to delegate items low on your priorities list, so you can get on with the top priorities."

CAN MY VALUES CHANGE?

What if you really want to stick to a New Year's resolution, such as giving up smoking, but health doesn't feature high on your list of priorities? Don't despair. Demartini says you can increase the likelihood of sticking to your resolution by changing your values list. Here's how: Ask yourself how you would benefit from achieving your goal and make a list of every benefit you can think of. "When you associate a benefit with a value or goal, the value will move up the list," says Demartini. "You need to come up with at least 200 benefits – up to 1000 – otherwise it's just a fantasy and it's not going to happen." If you can't come up with many benefits, it probably means you don't have the drive to do it. Quite simply, you feel you have better things to do!



WHAT DO YOU VALUE?

Demartini has devised 12 questions to help you identify your highest values. Your values will become evident when you look at how you spend your time and energy. For each question, write down your top three answers so that you end up with 36 items listed. Once you add up your answers, it will become clear what you value most.

Many questions will result in a similar answer – it may be worded differently but the meaning will be the same. For example, if you've

given 'studying' as one answer, 'reading' as another and 'learning' as another, group these answers under the same heading, such as studying/learning.

When you have sorted your answers into groups, you should be left with between four and seven main priorities. These are the primary values by which you lead your life. Demartini says that if you now set your goals to match these values, unattained goals will be a thing of the past.

1 How do you fill your space?

Look around your workspace and the areas in your home where you spend most of your time as if you're looking at them for the first time. Pay attention to the objects in your home to find clues as to what is most important to you. For example, family photos, awards or trophies, or self-help books? Write down the three values that are most apparent.

2 How do you spend your time?

You will always make time to do what is truly important to you, and run out of time for the things that aren't. What do you always have time for? Is it working out, catching up with friends, or doing housework? Calculate how many hours a day you spend on each activity and it will become clear what you value doing the most. Choose the top three.

3 How do you spend your energy?

What three things do you always have energy for? Spending time on activities that are a high priority to you will leave you feeling energised. On the other hand, activities that are lower on your list of priorities will leave you feeling drained. What energises you? Is it socialising, cooking or working?

4 How do you spend your money?

You consistently spend money on what you value most highly yet you won't spend much on what you don't value because you see it as a waste of money. What can you always find money for? Is it alcohol, a gym membership or natural therapies?

5 Where are you most organised and ordered?

The areas of your life that you value will be well organised and the areas you value least will be disorganised. Where do you have order in your life? Is it in your wardrobe or kitchen. Or are you organised with your exercise schedule, social calendar or the consistency of your television watching?

6 Where are you most disciplined, reliable and focused?

Whether it's personal grooming, playing sport or keeping up with the news, somewhere in your life you will find at least three areas where you are reliable and consistent, and don't require any prompting. What are they?

7 What dominates your thinking?

What have you been thinking about long term that is gradually manifesting in your life?



PHOTOGRAPHY PICTURE MEDIA

What three topics are you constantly mulling over and trying to understand? What ideas are you most frequently focused on?

8 What do you visualise and dream about that is becoming a reality?

Choose three dreams and real-life plans that are gradually taking shape in your life. What visions do you have for your future? These may be working towards buying a house, making a lifestyle change or developing healthy relationships.

9 What do you talk to yourself about?

What are three ideas you are constantly telling yourself you would like to pursue? Do you want to travel the world, enter a different profession, or lead a more peaceful life?

10 What do you talk to others about?

What three topics do you always bring the conversation back to? Is it health and exercise, money or real estate? What you consistently love to talk about is what's important to you.

11 What is it that inspires you and has consistently inspired you?

What actions – yours or other people's – are you inspired by? Who do you admire most and why? The heroes you have and the acts that inspire you represent what you aspire to do or who you want to be. Choose three.

12 What are your longest held goals?

What would you most love to do, have, or be in your life? What are the three main goals you're moving towards? ☺

ghpromotion

OVERCONFIDENCE

WITH MITCHUM!



TRIED & TESTED
BY YOU Overconfidence
by Mitchum

"I TRUST IT TO
KEEP ME FRESH ALL
DAY LONG."
Kim, NSW

Once you try
Mitchum, you will
never use another
brand again!

TRIED & TESTED
BY YOU Overconfidence
by Mitchum

Mitchum
24 HR ACTIVE
ANTI-PERSPIRANT DEODORANT
So Effective You Could
Even Skip A Day!TM
50 ml