

# *New Year Resolution Success Guide*

**For trained and certified coaches only.**



*Coach's Development Tools*  
[www.BecomeACoachTrainer.com](http://www.BecomeACoachTrainer.com)

Materials and tools designed just for the coach.

This guide covers important information regarding resolution attainment.

This guide is to be accompanied by the audio of the same name.

### **Making New Year Resolutions Stick**

1. Get a coach. (Even a coach should have a coach.)
2. Ensure you have an accountability system in place.
3. Work on one resolution at a time.
4. Get the basic understanding of “breaking” poor habits down.
5. Focus on what you can do as opposed to what you have to stop.
6. Choose supportive affirmations for each resolution.
7. Set aside time every week for time management and strategic planning.
8. Use questions whenever necessary. Including:
  - What will happen if I give up?
  - What is one small task can I do today to get me closer to my goal?
  - What is one BIG task I can do today to get me closer to my goal?
  - What resources will help me get to this goal?
9. Change your thinking. Instead of setting resolutions, set goals. Use the goal planning tools provided through your lessons.

### **The Top 5 Resolutions Made Every Year By Your Clients**

1. Spend more time with friends and family.
2. Exercise more.
3. Lose weight.
4. Habit break (smoking, drinking, unhealthy eating).
5. Get out of debt.

Listen to the audio for coaching tips and suggested affirmations regarding the above resolutions.

### **The Main Reasons Why Resolutions Are Not Attained**

1. Setting goals based on what you do not want as opposed to what you do want.
2. Not setting goals that inspire you.
3. Not setting goals inline with your current value system.
4. Getting overwhelmed.
5. Doubt that you can attain the goal/ resolution.
6. Not instilling correct beliefs into your mental programming.



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### Also Included on the Audio

- Marketing For Coaches Suggestion: New Year's Resolution Package
- The World's Simplest (Yet Effective) Marketing Plan

Scroll down to view from Resolution To Goal Coaching Form.



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## From Resolution to Goal Coaching Form

Client:

Desired resolution:

Why?

Now phrased as a goal:

Powerful questions:

- If I do not attain this goal what will my life be like in 6 months? In a year?
- When I have attained this goal how will my life be different?
- Who supports me on this journey?
- What are some fun aspects of this journey?
- What are some potential obstacles?

Defeating thinking: (I am have not attained this yet and tried.)

Replacement affirmations: (I have easily attained...)

“What if” harmful fear-thinking patterns exposed: (What if I do not make this goal? What if I do attain this goal?)

Steps/tasks client will take this week:

Next session scheduled for:



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