

COLLABORATIVE LIFE COACHING

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The Resolution Revolution

How many years have you made resolutions to improve your life in some way, only to give up the "workout" or "budget" as drudgery in a few weeks? Would it be shocking to realize you failed as a result of your values, and not because you have a "weak character"? You likely valued free time more than exercise, and acquiring-to-feel-good more than budgeting.

This year I am challenging you to do something radical and revolutionary. Make a change in only one area of your life that will REALLY make a difference in it's quality. When we are motivated by guilt and try to change what we "should" we fail. Successful change always lines up with our basic values. It also requires making room for change by giving something up. Successful change is bold!

How can you pick up this challenge? To clarify your basic values, you can make a list of five important principles in your life since childhood. Another method is to list what you would be doing if you only had six months to live. My own list of values includes personal integrity, wellness, kindness to others, success, and family. When you plan change that matches your values, the change is a joy, and opens doors in your life. It will feel like a relief, and not be hard to sustain after the new wears off. Here are several brief examples of changes that might revolutionize your life in 2008.

Do you value harmony and love, but find yourself feeling resentful and yelling/screaming at co-workers or family members? This likely means you are full of negative self-talk, and also that you lack the communication skills and/or parenting skills to meet your emotional needs. You are still trying to out-power or out-yell to get your way. Very few people listed being a frustrated bully on their values list. What could happen to the quality of your life if you learned how to stay calm and be less frustrated?

Do you value your family life, but get home from work after 6 p.m. feeling too grumpy and worn down to laugh? This may mean your work is running--and ruining--your life, instead of being a method to support your life. You may need to consider a radical move like retraining, a downward or lateral move to a less stressful position, or changing companies.

Do you value security, but wake up worrying? Grappling with huge stress is usually missing from those values lists as well. What would you have to give up to lower your stress? You may need to revolt and downsize, instead of buying electronics/a house/clothes/a car in 2008. You may need to shed activities that lack meaning, or don't align with your values, so you can go home and relax. Studies of happy

people show most have simple, physically active lives.

You get the picture. I want 2008 to be the year you decide to revolt and take charge of your life. Line up a good support system, and move ahead with determination and clear purpose toward the life you deserve!

To your wellness!

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