

How To Get Going With Your 2012 Goals



By: Gayle Shisler
Life Coach,
Healthy Life Planning

No, this is not an article about New Year's resolutions. We all know that we can resolve all we want about making beneficial changes in our lives, but—if we're totally honest with ourselves—we need to admit that even the best of our January intentions often wind up on the "woulda-coulda-shoulda" pile by February.

What's the reason for this? Well, in my 58 years, I've learned there are 2 reasons:

1. We procrastinated too long and lost the will and momentum to make the change.
2. We tried to make the change but decided it was too hard or took too much energy.

I usually am in the second category. Aging and a menopausal lack of mental energy often trigger an "I don't feel like it" inner voice that says "You've worked hard and pushed yourself all your life; now you deserve to slow down and relax." And, yes, I have been pushing myself less the last year or so, and—amazingly—I'm not feeling guilty about it. I see this downtime as a chance to pause, savor my successes, recharge my batteries...and ponder whether my heart really does want to make changes and move forward in some way.

The answer recently is a not-overly-enthusiastic yes...

mostly because I believe that if you stagnate, you become less vital and age even faster. So I've made up my mind to be a role model for my Baby Boomer life coaching clients by continuing to try new things—and not procrastinating on that journey.

Here are some strategies I've tried and used to end procrastination and stay proactive:

Pick the scariest or most difficult part of the task and do it first –

I feel so good about getting this out of the way that I'm more motivated to keep going.

Set a start date AND a finish date – With a deadline to work back from, I can schedule the task out in hours, days, or weeks...so I can then get it into my day planner and stick to it.

Determine my highest-energy time of the day and do the task then – Since I'm a morning person, I block out time for the goal right after breakfast, so I have the energy to make a lot of progress on it before mental exhaustion creeps in.

Break the task into smaller, more doable pieces so I can create a "game plan" – I write this plan on paper, with deadlines for each piece, making sure to only plan to spend as much time as is realistic for me...so it actually does get done. The positive "bump" that comes from getting step 1 finished propels me to do step 2 even faster and more efficiently!

Stay focused on 1 piece at a time – I keep my attention on whatever small piece I'm doing in the moment, without letting my mind drift to how much more still needs to be done. That way, I prevent the "overwhelm" feeling that derails a lot of us when we anticipate starting a large task.

Reward myself as I complete each piece – I promise myself something pleasant or fun after completing each part of the task. This motivates me to stay on track in systematically completing my mini-goals.

Replace non-motivating thoughts with motivating ones – For example, instead of thinking about how dirty and difficult I perceive the task to be, I focus instead on the 3 biggest payoffs I'll get when the task is done. This keeps me encouraged, positive, and energized enough to complete it.

Enlist the help of motivated, proactive, positive people – Sharing the load with others who are productive and well-organized helps me get the job done faster. They help snap me out of any funk I might sink into and bring me back up to an energized place. Plus, knowing they're coming over to help means I create less excuses not to stick to my commitment. Much like having an "exercise buddy," they hold me accountable and make it easier to stick to my plan.

Build some fun into the process of doing the task – I often invite a friend over to help me with the task, put on some music, and break for a pizza lunch. We always have some laughs, so time passes faster. And, of course, with an extra set of hands, I get twice as much done. I've swapped with friends, and they love it! We declutter at my house one

weekend and at hers the next. It's a win-win!

By putting all of these tips into practice—or even just one at a time—I find myself procrastinating less and feeling a lot better about myself and my life! Don't wait to get moving on your 2012 goals. Using these tips will make it much easier!

Gayle Shisler, M.S., is a life coach and dating coach in Doylestown. As a life coach, she helps people navigate life transitions such as separation/divorce or set and stick to life goals such as writing a book or starting their own business. As a dating coach, she helps singles discover places to meet people their age, improve their confidence for dating, and create profiles/choose the best websites for online dating. Gayle is also a motivational speaker, seminar leader, copy editor, proofreader, and author of the book *How I Met My Second Husband Online at Age 50*. Check www.healthylifeplanning.com for life coach information and www.datingsuccesscoaching.com for dating coach info. You can reach her at 215-489-0225 or gayle@datingsuccesscoaching.com.



PROCRASTINATING!

DRAGGING YOUR FEET ON IMPORTANT TASKS?

My 30-day "Get Going With Your Goals"
Coaching Program can help. You'll learn:

- 21 stop-procrastination strategies that work
 - Ways to make dreaded tasks more enjoyable
 - How to keep your forward momentum going
- And you'll have a moral supporter cheering you on!

Includes four 30-minute coaching sessions (\$40/week)

Call today: 215-489-0225

Gayle Shisler, M.S., Life Coach

Healthy Life Planning, Doylestown PA

coach@healthylifeplanning.com www.healthylifeplanning.com