

One Word: The Antidote to the Resolution

Written by Gayle Nobel

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I'm reposting a blog I have posted for the last two New Year's. I love the idea of ONE WORD vs resolutions. Now we only have one thing to forget about by the end of January... ha ha! But seriously, a word is something that can stick with you all year flowing in and out of your psyche and reminding you of your intention.

I have already chosen my word for the year and will share on New Year's Day along with some ideas for words.

Once again, I am sharing the concept of ONE WORD as an intention for the New Year. The response to this last year was very positive and I hope your word was helpful to you if you had one.

Many people are thinking about or writing New Year's Resolutions. Personally, I prefer the "intention" vs the "resolution". Resolution is "the action of solving", therefore resolutions tend to focus on problems in our lives that need to be solved. Typically, what is wrong with us, and how can we fix ourselves.

Intention is "the determination to act in a certain way". Intentions are about becoming aware of different ways that you would prefer to be in your life.

Recently, someone introduced me to the idea of ONE WORD intentions. She told me she had picked "less" for herself last year. Less weight, less worrying, less rushing... you get the idea.

I really like the idea of one word. Clean and simple, and potentially very powerful. I just found a great explanation on Christine Kane's blog.

"The reason most resolutions don't work is that they address only one level of your life. The DO level. It's the DO-HAVE-BE model. "I will DO this thing." (i.e., Lose weight) "So I can HAVE

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this other thing" (Self-Esteem) and I can BE this thing. (Confident.)

The average New Year's Resolution doesn't address the core of the issue – the "BE" level.

The best order for creating positive changes in your life is the BE-DO-HAVE model. This means you start from the BE level. When you begin changing on the BE level of your life, then the DO level and the HAVE level follow more easily.

When you start only on the DO level, then all the blocks on the BE level will often become the obstacles you can't overcome.

A Better New Year's Ritual

Several years ago, my friend and I decided that, instead of making resolutions, we would pick a word that would guide us throughout the year. It would be our touchstone. It would remind us of living our lives at the BE level.

This didn't mean that we didn't take action. It meant that our actions were inspired from the BE level. In fact, I took more action than ever with this new approach!"

BE, DO, HAVE. I really like that!

I invite you to get quiet over the next few days, go within, and pick a word for the year.

Just one word. That's all. Then, hold that word in your mind throughout the year, and let your word guide you to take action.

PS Stay tuned for some word ideas tomorrow.