

CREATE NEW YEAR'S CAREER RESOLUTIONS THAT WORK



~40% of Americans
will create 2019
New Year's resolutions.
Only 8% will actually
achieve them.

**Be one of the 8%
who do!!**

VISUALIZE YOUR GOAL

If you can see it, you can be it.

Simply & clearly state your New Year's Career Resolution(s). **VISUALIZE** what will be different when you achieve your goal and **WHY** it's important to you. Think positively --visualize what **WILL** be vs. what **WON'T** be. **BE SPECIFIC**: What will you do? How will you feel? What will be different at work and at home? A **VISION BOARD** may help you crystallize your goals.

CREATE A CONCRETE PLAN

Define the HOW.

Break your goal down into smaller more manageable steps. Determine a timeline for each step. Identify who needs to know about your plan (your manager or network) and what resources you need to be successful (training, money, time, mentor, coach, etc.). Revisit your plan periodically. Be ready & willing to revise as needed.

PLAN FOR CHALLENGES

Because STUFF happens!

What could get in the way of your success? Know the difference between what's out of your control and when your **INNER CRITIC** (IC) is holding you back. When life happens, are there small things you can do to continue to move forward? When it's your **IC**, what can you say/do to overcome it?

WRITE DOWN YOUR GOALS

Define the WHAT.

Studies show people with written goals are more successful. The fewer, more specific your goals (no more than 3), the easier to stay focused and achieve them. Frame your goals so they're dependent on what **YOU** can control, not others. Describe what success looks like.

CHOOSE AN ACCOUNTABILITY PARTNER

Execution is key!

Having someone you trust as an accountability partner can make the difference between executing or abandoning your goals. Choose someone who will support **AND** challenge you (colleague, friend, coach). Plan how and when you will check-in. Let them know how to provide feedback.

AN EXPERIENCED COACH

Can help you:

- * Identify what you really want;
- * Address & manage your **Inner Critic**;
- * Create a plan & be an accountability partner to achieve your New Year's Career Resolutions.



Robin Wilson-Tolbert, CPC, ELI-MP
Certified Professional Coach



RWTCOACHING.COM
INFO@RWTCOACHING.COM