

[How to Keep Your 2006 New Year's Resolutions](#)

As business owners, managers and professionals, we all want to achieve our goals. Now that you have written your 2006 New Year's Resolutions, or plan on writing them real soon, what can you do to increase the probability of accomplishing them? Pick one goal to focus on immediately. Most of us will be thinking about our weight after much Holiday festivities. WCBS880 news reported that losing weight is the number one New Year's Resolution for most people. What is your number one 2006 New Year's Resolution? Consider the following five components of a successful action plan:

1. **What** - define specifically what you want to achieve, for example, I want to lose five pounds in 2006 (instead of loosely saying "I want to lose weight"). What is your specific goal?
2. **How** - clearly plan all steps needed for you to achieve your big goal, for example, I will run/dance/walk one hour three times per week. What are your action steps?
3. **When** - record when you want to get started and when you want to accomplish this goal, for example, I want to get started on 1/3/06 and be done on 12/16/06. When do you want to get started and be finished?
4. **Who** - share your goals only with positive and trusted people who will encourage and support you, for example, I'll tell my husband Mark. Who will you tell?
5. **How** - plan on how you'll celebrate and reward yourself for successfully achieving your big goal, for example, I'll host a victory party. How will you celebrate your accomplishments?

Tell me your number one 2006 New Year's Resolution and I'll include it in our next Ezine. Don't delay! Make and execute your 2006 New Year's Resolutions today!

About the Author: Rosemarie Strawn is a Motivational Speaker and Corporate Trainer with over 15 years experience in Team Productivity Improvement. Ms. Strawn provides Public Speaking Coaching to increase sales and customer satisfaction. She is President-Elect for the New Jersey Association of Women Business Owners, NJAWBO. She is an Advisor for the Piscataway Industrial Advisory Commission appointed by the Mayor. Ms. Strawn is the Owner of **Positive Actions**.

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Happy New Year 2006! My wish is for you and I to have a fantastic, fun and profitable 2006! May God continue to bless you and your family with:

12 months of Great Health
52 weeks of Happiness
365 days of Prosperity
8,760 hours of Joy
525,600 minutes of Freedom and
31,536,000 seconds of Peace