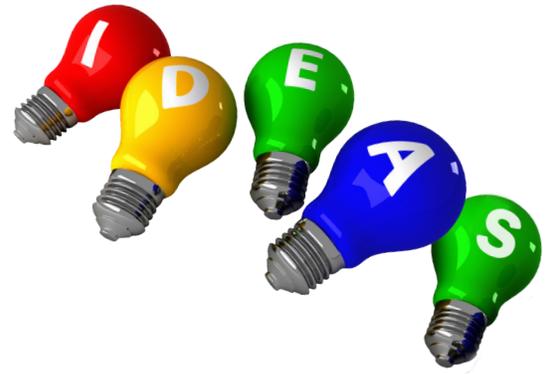


# 10 TIPS FOR NEW BEGINNINGS



- 1. Make Relevant Resolutions.** If you make New Year's resolutions, keep them focussed, meaningful, and straightforward – and only make one or two. Read more tips on keeping New Year's resolutions at <https://www.nytimes.com/guides/smarterliving/resolution-ideas>
- 2. Set SMART Goals.** Ensure your goals, or resolutions, follow the SMART format – Specific, Measurable, Achievable, Realistic, and Time Sensitive. Here is a great resource outlining 10 steps to SMART objectives: [www.natpact.info/uploads/Ten%20Steps%20to%20SMART%20objectives.pdf](http://www.natpact.info/uploads/Ten%20Steps%20to%20SMART%20objectives.pdf)
- 3. Plan Professional Development.** Look at the upcoming year and identify key courses, workshops, or books that will support your professional development goals. Life Strategies offers a wide range of courses that fit any schedule and budget. Read more at [www.lifestrategies.ca/services/courses/career-management-professional-program-cmpp.cfm](http://www.lifestrategies.ca/services/courses/career-management-professional-program-cmpp.cfm)
- 4. Access Your Allies.** Whether you're pursuing an "official" New Year's resolution or a personal or professional goal, don't do it alone. Find a partner or form a Success Team; learn more at <http://shersuccesteams.com/>
- 5. Take Time to Purge.** The start of a new year is a great time to declutter. Decluttering your home, office, computer, or even your mind can help reduce stress and anxiety. Not sure how to get started? Here are 18 five-minute decluttering tips - <http://zenhabits.net/18-five-minute-decluttering-tips-to-start-conquering-your-mess/>
- 6. Give Back.** Make a significant difference this year. Choose one or more meaningful projects, associations, or charities and intentionally support them with your money and/or time.
- 7. Avoid the Winter Blues.** It is estimated that 15% of Canadians experience symptoms of Seasonal Affective Disorder. Read more at <http://www.readersdigest.ca/health/healthy-living/beat-winter-blues/>. If these few tips don't help, it may be important to talk to a professional - [www.lifestrategies.ca/services/coaching-counselling.cfm](http://www.lifestrategies.ca/services/coaching-counselling.cfm)
- 8. Update Your Career Portfolio.** Now is a great time to create, update, and/or re-organize your career portfolio. Learn more at <http://lifestrategies.ca/media/video/creatingPortfolio1.cfm>
- 9. Strive for a Sustainable Life.** Think beyond the notion of work-life balance and, instead, focus on sustainability or meeting your present needs without compromising your future. Check out our various articles on this topic at: [www.lifestrategies.ca/resources/articles.cfm](http://www.lifestrategies.ca/resources/articles.cfm)
- 10. Learn From Your Mistakes.** Al Franken once said, "Mistakes are a part of being human. Appreciate your mistakes for what they are: precious life lessons that can only be learned the hard way." As the New Year begins, reflect on mistakes you've made, and the life lessons learned as a result.



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