



Momentous Coaching 10b Goldhawk Mews London W12 7BB

## Newsletter

### 16th January 2009

The beginning of January is already coming to an end and the year is beginning to gather momentum.

You may have made some new year's resolutions, or you may not go for that sort of thing. But it is definitely a good idea, at this time of year, to think about what you are aiming for in the year ahead. Here are some questions to help you focus on those things that are important to you.

To get the full value of this activity, find yourself a quiet place and allow yourself an hour so to consider

- What do you want for this year?
  - What do you want to be?
  - What do you want to have?
  - What do you want to do?
- What are you avoiding?
- What skills do you have already that will propel you on your way?
- What are you looking forward to?
- How will you raise your game? (Even if it is just making one more phone call a week)
- What will it be like when you get what you want?
  - How will you feel?
  - what will it look like?
  - What will you say to yourself?
  - What will you say to other people?
  - What will other people say?

