



Breakthrough Coaching Newsletter

Your Best Start to 2006
December 2005

Dear Subscriber

Welcome to December's issue of the Breakthrough Newsletter. How are you?

It's that time when many of us are engrossed in preparations for Christmas, enjoying everything the season brings and, no doubt, there will be one or two sore heads reading this as Christmas parties are upon us! If I can fast forward you for a moment to two weeks time... assuming the sore head and indigestion has eased off (!), what will you be thinking about after Christmas?

Sure, some of us may be considering what to wear for New Years Eve, but on the whole, that's the time when we start to look at the new year ahead of us and start thinking about fresh starts and clean slates and... yes, those new years resolutions.

In this issue we're going to look at how to we can keep every resolution without fail (yes it can be done!) and how we can give ourselves the best start to 2006. So, you might want to hold on to this issue to refresh your memory after the big day has passed!

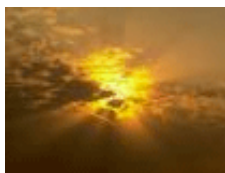
Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- New Year Offer
- How to keep every resolution without fail!
- 'Design Your Life' Workshop in Kent
- Merry Christmas and a Fantastic New Year

How to keep every resolution without fail!



We have all done it I'm sure. We make new years resolutions, struggle to keep them for a few days or weeks, make ourselves miserable and then lapse back into our old habits. Can you imagine how much money we've wasted on gym membership that we never used, self-help books we didn't read and tools and gadget that were meant to help us but didn't make it out of the box?!

Of course, we may have kept some of these resolutions, but often it's been a losing battle. But! I believe there is a vital formula that can ensure that you keep every resolution without fail.

What if it was as simple as re-framing what we're trying to achieve? The key lies in the word resolution. I suggest that when we make these promises to ourselves, we should drop the 're' bit of the word and concentrate on the 'solution'.

Consider why we make resolutions in the first place. Usually because in some aspect of our life we want a change for the better. So we work out what and then what do we do? Rather than focusing on the benefits that we will achieve and how much better we'll feel when we have, we focus on what we're giving up. So of course, we often fail.

In this life, we attract whatever we think about the most. If we think about negative words like giving up, stopping, doing less or changing something we've enjoyed for years, then inevitably we feel low about it and subconsciously we might sabotage our own efforts so we can go back to the comfortable way we were. Instead of thinking about resolutions, think about solutions and see what a difference that makes. Think about how you will look, feel and sound when you've discovered the solution. **Instead of thinking about what you might be giving up, think about what you will gain and what impact on you that will have.**

Remember too that there is no success or failure; there is only a result. Don't beat yourself up if the result is not what you planned, just change something, change your thinking and start again.

Many of my clients find that working with me on their new years 'solutions' helps them to start on the best possible footing. The support of a non-judgemental third party is invaluable to a good outcome and clients find that by working with me to examine what they want to achieve, they become absolutely committed to making it happen and in no time they are taking consistent steps to attaining their goal.

To talk to me about creating positive new years 'solutions' and successfully keeping them through one to one coaching, call me without obligation on 01303 891671. New Years resolutions are great if they get you thinking about your life, but remember that you can start work on a new 'solution' at any time. The power of personal change is just too good to be limited to the first few days of the year and it really is possible to keep every resolution without fail!

'Design Your Life' Workshop in Kent

New Year Offer



What would you invest to give yourself the best start to 2006?

40 minutes? £37? Sound fair?

From now until the end of January I'm offering **Life-Check** and **Career-Check** sessions. **A one-off session of 40 minutes with me as your coach for just £37!**

After all the mad spending in the run up to Christmas, this could be the most value packed small investment you'll make all year!

We'll spend the 40 minutes focusing on what you want in areas of your life and career. We'll drill down and get really clear about what you're aiming for in 2006 and kick-start you into action to make it your best year yet. There is one small catch - I'll be asking you to do a bit of homework beforehand to make sure you get the most out of your Life-Check session.

Life-Check and **Career-Check** Sessions are available from now until the end of January, but they **must be booked by Monday 9th January 2006.**

To register for this special offer, call me on **01303 891671** and quote 'Newsletter Offer' or reply to this email.

If not you - then who? If not now - then when?

Quick Links...

[Meet your Coach...](#)

[More inspiration and newsletter back issues...](#)

[More about life coaching...](#)

['Design Your Life' Workshop in Kent...](#)

Date released! **4th February 2006 at the Manor Barn, nr Canterbury**

Kent readers are spoilt for choice in this issue. Do they go for the Life-Check or do they drive over to Canterbury on February 4th for my 'Design Your Life' workshop? Decisions, decisions!

More details available on my website. Special offer if you bring a friend... or why not treat somebody for an unusual Christmas gift?



Join our mailing list!

[Workshop details and how to book...](#)

Merry Christmas and a Fantastic New Year



Wishing you a warm and wonderful Christmas and the best of everything in 2006!

If I can support you, please ask. If you'd like to join my Kent workshop, let me know. And if you'd like to treat yourself to a Life-Check to get the year off to the best start, please call me to book.

Best wishes,

Lisa x

email: info@breakthroughcoaching.co.uk
phone: 01303 891671
web: <http://www.breakthroughcoaching.co.uk>

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