

## **How to Make Your New Year's Resolution STACK Up**

So for the past five years the clock struck midnight and you regurgitated the same tired resolution, "I'm going to become a better person in 2005." What does that mean? Just a stab in the dark, but I am going to say that you will be slurring that one out again during the countdown to 2006. Why is it that a survey conducted by Gail Kasper, LLC found that only 9% of Americans actually achieve their New Year's Resolutions? Simply, they don't follow the guaranteed formula for turning resolutions into reality, they need a STACK plan.

To begin this New Year on a positive note, leave the past in the past and look at the five-step STACK strategy for turning those empty promises into attainable goals. Let's revisit that relentless resolution again. "I'm going to become a better person in 2005". Better person how? Better tennis player, better mother, better teacher, better employee, and so on.

This brings us to the very first step in the **STACK** Strategy:

### **S – Set your course.**

In order for you to achieve your goal, the goal must first be clearly defined. Think about what you really want for yourself in the New Year. Begin with your goal for becoming a better person and refine it. A better athlete. A better basketball player. Now you're on the right track. Clear, measurable and attainable. Now, how do you plan to go about achieving that goal?

Well, you can start by laying out your progress in small, easy to follow increments. Day one: will walk 1 mile on the treadmill. Day two: will walk one mile on the treadmill and spend 10 straight minutes shooting hoops. Keep incrementally increasing your efforts each day, and actually record your results on paper.

### **T – Take Action.**

Your plan is set, but now comes the hard part, taking action. You are going nowhere fast if you don't commit to getting started. Breaking your plan into small increments has already softened the blow, but try asking a friend to join you and become your accountability partner. It's a lot harder to dismiss a resolution when your friend is waiting for you at the gym. Keep your chin up, statistics show it only takes three weeks to form a new habit, you can swing it!

### **A – Accept Results As Feedback.**

You set your plan, put your plan into action, it's been a week and you're no Michael Jordan. Don't be discouraged by your results, accept them for what they are, feedback.

### **C- Correct Course Based On Feedback.**

If you think you should have improved more by now, don't throw up your hands and surrender, your results are telling you to kick it up a notch! If you are not making the kind of progress you would like, pinpoint the reason with one of the 5 areas of the

STACK Strategy. Do just that and correct your course, by increasing your daily activity. Concentrate a little less on conditioning and a little more on shooting.

**K- Keep on “Stacking the Logs!”**

The number one reason people fail to make their New Year’s resolution stick is they quit too soon! Keep working toward your goal little by little, day by day and don’t stop. Yes, it becomes habit after three weeks, which makes your “keep on keepin on” anthem a little easier to sing, but you must continue to work until you reach your goal! When you apply the STACK Strategy this year, you are guaranteeing today’s New Year’s resolutions become next years list of accomplishments.