

## *New Year's Resolutions- January 2005*

Do New Year's resolutions work? Not really, they fade and disappear only to emerge around the same time next year. But as far as reinventing oneself, rest assured, it is very possible.

I believe that it's always a good practice to consciously bring to mind who you want to 'be' in the world. I would suggest spending time everyday, doing just that that, bringing to mind who you want to be...not just in the New Year.

Last week someone asked me what one piece of advice I would give parents. I answered, "focus on your relationship with your family, not your expectations of them. Resolve to be the person that your family wants to come home to."

Who is that person? Is it you?

Think about the people that you want to surround yourself with. I bet your list would include people, who are positive, genuinely happy, grateful, creative, compassionate, fully present, and emotionally available, they look you in the eye, they smile, they laugh, they play. They are honest, accountable for their actions and keep their word. They look and smell good. They accept you for who you are and support your dreams and passions. They love to learn. They are guided by their generous big hearts, they know how to share. They include and welcome you into conversations. They welcome and include your friends. They are genuinely excited and happy to see you. They are spiritual, grounded & intuitive. They respect you and see your potential; they are blind to your faults. They don't judge, criticize or interrogate, but encourage you to take risks and acknowledge you for the difference you make in their lives. You feel "unconditionally" loved by them and fully capable.

How are you doing so far? How do you measure yourself against the above list? How about as a parent? How do you treat your family? Is it different from how you treat your friends, co-workers, neighbors? Hmm...If you can focus on being consistent on the above qualities you are on the path to having an incredible life, for "being" in a relationship is not about the other person making you happy, it is about your transformation and "being" it yourself.

I received an email this morning containing these words...When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying. Wise words indeed.

Lisa Perrecone, Certified Performance Coach  
*~your partner in possibility...*

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