

New Year Resolutions

Will you be starting 2009 differently to how you finished 2008?

What New Year Resolutions did you make? Have these already gone by the way side or have you managed to build them into your daily/weekly/monthly routine.

As humans we are very good at fantastising but not very good at actualizing. Make 2009 different!

Get in control of your working life from the start of the year when you are relatively calm and quiet NOT when things are so bad you have to do something!

1. Take 30 minutes to an hour to decide what do you want to achieve **this year** in the important areas of your life. If that is too far off, then create quarterly goals. Each of us have at least 7 roles that we fulfill – ME, mother, wife, daughter, sister, employee, business owner... Create goals for each to work towards.
2. Write these into a task that you review weekly (preferably Friday when you do your planning for the week ahead). On Friday decide what you are going to do to move towards your goals the coming week. Where possible try to kill 2 birds with one stone eg if you want to get fit and spend more time with the kids consider bike riding with them or karate.
3. Schedule what you are going to do into your calendar and do them.
4. Review how you are going at the end of the week. If you are putting things off – WHAT? And WHY? And mostly importantly how can you adjust the activity to ensure you do it. Eg do it first thing in the morning. Do it with someone else so you are more accountable...

Most of us know that on our death bed we will not be thinking we should have spent more hours working. This year, start the year how you intend to progress.

Generating Time has helped more than 600 people reclaim an average 1-2 hours per day each – imagine how much difference this would some day goals!

If you do not reclaim 1 hour a day after implementing 3 recommendations we will give you – **DOUBLE YOUR MONEY BACK.**

This is our PERSONAL GUARANTEE TO YOU IN WRITING!

Our first workshop for the year is scheduled for the **17th February 2009**, register now using this link:

http://www.generatingtime.com/index.php/component/option,com_registrationpro/Itemid,36/func,details/did,26/

We regularly speak at **networking events** so please give us a call on 0403 970 732 to book Generating Time for your next event.

Did you know we also can also run Generating Time workshops at your premises, customized to your organization and needs?

Do you have a time saving tip that could help others? Do you have a time challenge that needs some tips? Email angie@generatingtime.com and I can share your tips and publish your solutions in “More Time Instantly” Newsletter as a learning curve for all readers .