



## Your New Life: Inspiration for Personal and Professional Fulfilment

January, 2010

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Happy New Year and welcome to La Vita Nuova January ezine. Whether January has seen you snowed in, enjoying glittering white scenery, building snowmen, cozied up by your fire, or battling through blizzards to work (I've been doing all of those things!), let's all get inspired for an exciting 2010.

I hope you are feeling energised and ready to make 2010 your best year yet. According to a study this week, 89% of people have now given up on their New Year's resolutions; and many of those are now succumbing to the January blues. If you're one of the 89%, I'm writing for you this month, as my article, "Spring Into New Resolutions: 5 Ways To Get Back On Track," will help you happily blaze your new trail.

If you could benefit from some personal help with inspiration and focus, why not reserve one of my two individual coaching spaces which will be available next month or consider a Vision Day with friends?

Great to have you with us this month, whether you're a new reader or loyal long-term subscriber. Do let me know if you have any requests for future articles or if I can help in any way. Next month I will devote the newsletter to the how of happiness!

Wishing you clear, bright winter days and nights as we get closer to spring,

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### Spring Into New Resolutions: 5 Ways To Get Back on Track

According to a recent study, 83% of Britons abandoned their New Year's resolutions by January 24th, and a stunning 39% gave up on them by January 2!

If you're one of the people who has now given up on your resolutions, this article will help you get happily back on track, guiding you through 5 successful strategies to help you turn your new year's resolutions into gorgeous 3-

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dimensional reality.

So why do so many of us give up on our new year resolutions in January? Part of it is the time of year. January is, after all, a difficult month in which to generate great enthusiasm and sustain positive momentum. It's cold and dark; the Christmas festivities have ended, but it's still not spring time. Officially the most depressing day of the year takes place in January! So it's a challenging time to embark on changing your life.

In my experience working with clients to help them successfully blaze new trails, early Spring-time, with new flowers and new growth emerging all round us is a more natural time for new beginnings.

I encourage my coaching clients to set intentions for their new year in November and December, to formulate the right goals for them in January and February, and to spring into action in February and March. So if you're reading this in February, now is the perfect time to get started! Let me show you how.

### 1. Get Passionate

To choose the right New Year resolutions for you, you need to feel really passionate about them. They need to be goals that make your heart beat faster, your eyes light up, that make you feel the way you do on the first day of your summer holiday.

So whatever goals you choose, don't select ones you think you should complete but are really not that enthusiastic about, like losing that last 7 pounds, or clearing out your file cabinet! Instead, identify goals that make you feel really excited. For example, your goal could be to get in the best physical shape you've ever been this year. Or your goal could be to transform your home study into a beautiful, calm, tranquil place that inspires you. See what I mean?

If you know what your top values are in life, you can choose goals that reflect them. If you don't, why not select areas of your life, such as your relationship, your career, your health, your home etc?

### 2. Get Committed

It's not enough to be passionate about your new goals, though it's a great start. You need to add commitment to the mix. If you are committed to your goal, you determine to take action and follow through, no matter how you might be feeling any particular day. You need to decide that you will achieve the goal this year and commit to doing whatever it takes to achieve it. It's not enough to think about your goal or say you will try to make it happen. You need to determine to make it happen and believe that it's possible for you to achieve. Then just do it, whatever it is!

### 3. Get Focused

To bring your resolutions to life, you have to get very focused. To start with, I suggest you choose just 3 goals, so that you have a realistic chance of following through with them. Any more, and you're spreading your attention and

time too widely and diluting them.

Once you've identified the 3 spring resolutions you're passionate about and committed to, divide the year into months and decide what needs to happen each month to achieve your goal.

Then focus further by creating an action list for each week. Each week break your actions down to daily commitments. Even the biggest most exciting resolutions are achievable and manageable if you divide them up into bite-sized pieces. For example, if your goal is to become your most energised, healthy physical self ever, you might decide to lose 28 pounds over the year, go the gym regularly, and create a delicious, healthy food plan. Each month that might mean losing 3 pounds, going to the gym 12 times, creating a menu plan; each week that might mean losing 1 pound, going to the gym 3 times, and creating a shopping list and meal plan.

#### **4. Get To It**

Choose 3 goals you're passionate about, commit to them, make a focused plan and start following through with the actions!

#### **5. Get Going**

As February gets going and you see the first signs of spring, now it's your time to get going and start the exciting journey of turning your resolutions/goals into reality. Start today or tomorrow, but not next week! Keep a written record of your goals and your progress month by month.

And, at the end of the year, celebrate! Let me know how you get on and do get in touch with me to share your successes.

### **GET INSPIRED: Book a Vision Day with Nicola or reserve your personal coaching space**

If you would benefit from personal guidance and inspiration, why not book a Vision Day with me this year? It could be a one-to-one day or a day you book with 1 or 2 friends, sharing the benefit and reducing the cost.

One of my Vision Day clients last year had this to say about her experience: "I loved our day together and am feeling much more at peace that I have a plan as to the way forward. Thank you. I find working with you nothing short of inspirational and motivational!!"

This is your opportunity to have a day with me to reflect on where you are right now in relation to where you want to be, to create a vision together for you, as well as a campaign to make it happen. It's a perfect solution for those of you who want results now, who are looking for inspiration, focus, and magic to step change you forward personally and professionally, but who don't feel ready for an ongoing coaching course. Or who are currently benefitting from a coaching course, but want a turbo boost forwards.

Reserve your place now: email [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

## UPDATE on what Nicola is doing

- Enjoyed a blissful peaceful family Christmas, with lots of love, amaretto, happy films and Quality Street!
- Now working out with personal trainer at Royal Crescent to get back on track!
- Christmas highlights include family trip to "Oliver" in London, and my son's choir concert at the Bath Cats and Dogs Home, with an audience full of dogs barking in the choruses
- Busy January immersed in work, including teaching "Messaging" to new coaches at Coach U, how to use advising and challenging coaching skills with clients
- Scenically snowed in at times (see photo of our family snowman)
- Developing team coaching programmes for two companies
- Taking "The Leadership Circle" programme in the spring
- Persevering with [Twitter](#)
- Appearing in women's magazine in the spring
- Considering whether to displace my Himalayan cat, Katmandu, as principal pet with a puppy... jury's still out



## ABOUT NICOLA AND LA VITA NUOVA

Dr. Nicola Bunting is a top international personal and professional coach, one of only 1% of coaches in the world to have attained the Master Certified Coach credential from the ICF (International Coach Federation). Nicola's company, La Vita Nuova (the New Life!) Personal and Professional Coaching, is devoted to expert bespoke executive and life coaching for successful and ambitious professionals (in Europe and the USA) who want to dramatically accelerate their success and fulfilment. With individual, group, and corporate coaching programmes on offer, La Vita Nuova can design a coaching plan to help you design and create an extraordinary life and work.