



## Love Your Job - Helping you to love your job or to find a job you do love

### DECEMBER NEWSLETTER

A week to Christmas, hope life is not too frantic for you. Every year trying to get things perfect seems to take over our lives and we can blame ourselves if we don't have a 'John Lewis Christmas'.

It's not just the stress in trying to make it perfect, there's also the drama of spending more time with family and with less exercise and more food and drink we feel bloated.

The good thing though is most of us get several days off work and this is a great time to rest and recharge. We need time to switch off from work and to allow our brain a chance to rest.

I'm taking 2 weeks away from my work. Yes, I'll have my notebook with me but I mainly want to get out of my head and to spend more time on having nice experiences, being healthy, and also to read non work books including poetry.

If like me this doesn't come easy it can be helpful to practice a meditation or relaxation exercise to quieten the mind. Also to leave the smart phone in a cupboard so not to be tempted to skim read emails throughout the day. This means that any emails to me in the next couple of weeks will not be replied to as quickly as usual.

If you have lots of family commitments, you might be exchanging one set of pressure for another. I'm sure you've read elsewhere about taking time for you but it is important, even if it is just 30-60 minutes when you can perhaps read a book in the bath or listen to your favourite music.

### Random acts of kindness

The season of goodwill makes us more likely to do nice things for others, perhaps consciously you could do something. Just yesterday I let 3 cars out of a car park, let someone go in front of me in the queue at the supermarket and chatted to someone at the dentist.

### Looking back and looking forward

I don't want to swamp you with too long a message. The end of a year is a great time to review the year, to think about what has gone well and what you would have done differently. You can then use this for a plan for the coming 12 months.

Initially my goals include



- practice daily mediation/relaxation
- review all my business systems and simplify
- learn to tango
- improve as a DJ, I've let it slide
- develop 2 group training programmes
- develop assessment group feedback programme
- mentor 6 career coaches

But these need to be more detailed and I need to think if I need bigger business goals, so all will be considered over the next couple of weeks ready to start focus on in January.

## 2012 - Looking forward

A review of the year past and plans for the year ahead is light years away from setting resolutions in a slightly intoxicated moment.

I've been trying to track down the list of 2011 goals that was on my pin board, but it is now in my tottering pending pile so I need to work from my memory.

## Looking back - How was 2011?

Did you set yourself goals, or have plans for what you wanted to achieve? Not just resolutions that are forgotten about within days but goals to do with health, wealth, work and happiness?

### The goals I achieved included

- weigh less than 12 stone
- write the second edition of How to get a Job in a Recession
- write FAT to Fantastic
- review and update my leaflets
- say no more often

### The goals I haven't achieved are

- have a better work life balance
- get out and do more hill walking
- chill out more
- turn the career discovery programme into an online programme

The first three are a bit vague and the last I didn't have time to do because of all my other work. But *'saying no more often'* is still vague and I find myself working too hard because I like to be helpful.

## SMARTER GOALS

Most of us know goals should be SMARTER, but we can still forget to do it. So here's a quick reminder

- **We need a goal which is SPECIFIC.** It's clear on what we want to achieve. If we are you looking for a new job we need to be clear on what job.

- **It needs to be MEASURABLE**, we need to know where we start from so we can monitor progress. Getting the new job is a clear measure of success but we need to break it down into sub steps such as: revise our CV, gather information on the current challenges in the industry etc.
- **The goal has to be ACHIEVABLE** - Whilst stretch goals can be perfect, perhaps you need the smaller steps, firstly to get a job as a marketing assistant, then marketing executive as you work towards being a marketing director.
- **It also has to be REALISTIC** - most things are possible if we set our minds to them and focus, but if we find science confusing will we ever pass the exams to qualify as a nutritionist? Are there better alternatives?
- **TIME BOUND** means we have a time scale to achieve. Talk to people and get a sense of how long it will take to move from x to y. Get clear on all the sub steps and create a time line.
- **The goals should also be EXCITING**, it should have personal meaning for us. It has to be something that we want to do. Make sure it makes you want to get on and get there.
- **Finally it should be RECORDED** we need to write it down and monitor progress, get your goal, and all the sub goals written down and in your diary, on your phone, on the wall ...

However you set goals for 2011, why not create a plan to set amazing goals for the year ahead.

### Looking forward to 2012

I planned to create a list but I'm now going to follow the system that Chris Guillebeau describes. I follow his blog and will be going to his World Domination Summit in Portland, Oregon In July 2012.

Chris is the author of **A Brief Guide to World Domination** which you can access here - <http://chrisguillebeau.com/3x5/a-brief-guide-to-world-domination/>

I have downloaded his spread sheet and over the next 2 weeks I'm going to complete this. Thus will ensure I spend my time wisely in this coming year. Do you want to do similar?

Read more about his process here: <http://chrisguillebeau.com/3x5/how-to-conduct-your-own-annual-review/>

and this is useful background - <http://chrisguillebeau.com/3x5/lifestyle-design-and-your-ideal-world/>

Another option to help with your goal setting is via Paul Myer's site - <http://yourfreebook.com/>

As you have some time over the next couple of weeks, why not take some time to plan what you really want for 2012.

I'll be writing about my goals for 2012 in my January newsletter, I'd love you to follow this process to and then share on my blog or on my FaceBook page.

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## FAT to Fantastic: An Inspirational Diary of Middle Aged Weight Loss (over 10 Stone!), Based on Healthy Eating, Regular Exercise and Masses of Drive and Determination



**An inspirational story of achieving massive goals and massive weight loss from best selling author Denise Taylor**

*'If you want to be successful, find someone who has achieved the results you want and copy what they do and you'll achieve the same results'* **Tony Robbins**

My next book will be published on 11 January 2012. It's available for pre-order on Amazon and you can read more here <http://www.fat2fantastic.com>

**There's a 25% discount at the moment.**

It's the story of achieving my massive goal to lose over 10 stone in weight, so far I've lost 150 pounds!

It's not been easy, but I persevered with my goal and got there. Alongside my diary and masses of useful tips such as

### **The danger of low cal drinks**

We can think low cal drinks are the answer, but they contain artificial sugar which primes our bodies to expect sugar. When we don't get any we experience carb and chocolate cravings. Far better to have 1 glass of non diet fizzy drink if we must.

Drinks that sound healthy can be just as bad. I thought Vitamin Water would be a better choice, but each 500ml bottle contains 26g of sugar so clearly not.

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**Get in touch:** For a confidential chat about how we could work together [email](mailto:denise@amazingpeople.co.uk) or call me on 01684 772 888

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