

# Make 2018 your happiest year yet

*Fed up with making resolutions that you never keep? Here's how you can achieve success and contentment this New Year*

*Words: Sarah Dawson*

**A**s another year approaches, it's natural for thoughts to turn to how you want to live your life in 2018. New Year's resolutions are always made with the very best intentions, however, more often than not, they are broken by the time you've finished off the last of the Christmas chocolates. But there is a better way. It's all about making sure you have everything in place to achieve success – and that's easier than you think. ▶

HAPPY NEW YEAR

**A POSITIVE  
RESOLVE**

Start the new year with an optimistic attitude. "Learn from yesterday, live for today, hope for tomorrow."  
Albert Einstein

### *Set the right goals for you*

Choosing goals or making resolutions just because you feel you should is unlikely to result in set of intentions you can keep. Forget any expectations that others may have of you – only set yourself challenges because you want to.

“When setting goals, look at what they mean to you,” advises female empowerment coach Kiki-Sunshine ([www.kiki-sunshine.com](http://www.kiki-sunshine.com)). “What would it mean to you if you achieve it? Is it part of the big

vision you have for your life? Without looking at these things and making the mental and emotional connections, sometimes our goals and dreams fall by the wayside.”

Question yourself and the right goals will present themselves. You might have lots of different goals you want to achieve. To make them feel manageable, break them down into different areas of your life – whether that’s work, relationships, life balance, fitness, yoga practice, mindfulness or something else.

### *Prepare yourself*

“Every single one of my clients comes to me because they have a goal that they want to achieve but for some reason or another haven’t been able to do so alone,” says Kiki-Sunshine. “There can be so many barriers that we come up against when we’re working towards something that we want for our lives. These can range from self-doubt and inability to believe it can happen for you, to comparison, anxiety or lack of momentum.”

If you’re serious about your goals, Kiki-Sunshine recommends addressing your mindset, habits and energy. “All three of these things are interlinked and are also tied to our perception of self – if we think we can do it, if we believe we can, we more than likely will find a way to achieve it.” There are lots of practical solutions you can put in place to do this. Everybody needs their own cheerleaders, whether these are friends and family or groups you’ve found online, so surround yourself with people who want you to succeed and don’t be afraid to ask for help.

Claire Bostock credits her support network with helping her to make positive changes in her life. “I’d reached a point where I felt there were things in my life, integral to the person I was, that I had abandoned. One day I made a list of everything in my life that caused me to feel unfulfilled and a list of what gave me happiness. By the end of the day I’d stepped down from my teaching job in order to re-focus on performing (I trained as a classical cellist). I left my husband at the same time, but instead of feeling alone I felt loved and supported. I live over 100 miles from my family, but my parents and sisters were always on the other end of the phone. It also made me value my friends – they were totally behind me and I grew closer to them. I stayed with my best friend for a month before I found my own place and this truly cemented our friendship.

“I’m now arranging and recording strings for songwriters, performing in orchestras and solo, and have set up a wedding duo with a friend who

#### **PEN TO PAPER**

Writing down your progress as you go is a good way to track your achievements – and a great excuse to invest in some beautiful stationery!



**“I decided to open my own florist – I haven’t looked back!”**

*Jodie Smith*

is a guitarist ([www.duettoarpeggione.com](http://www.duettoarpeggione.com)). Having a support group was important, and helped me to enjoy the fact that I was effecting this change, which helped me claim back my identity.”

### *Embrace the journey*

When setting your intentions, make them specific. Saying “I want to work on my mindfulness” is vague, so make it something solid like “I want to meditate every day or I want to join a weekly yoga class”. It’s not all about reaching that end point either. Kiki-Sunshine explains: “Setting a goal is all about the journey – not the final destination – but sometimes we fail to realise it. Breaking down a goal into monthly, weekly or daily chunks allows us to enjoy the journey more.”

Colette Earley says this is exactly what helped her when she decided to take control of her health. “I’d struggled with body-confidence and yo-yo dieting, so wanted to make a permanent lifestyle change in regard to fitness and eating habits. The goal was to get to the point where I felt confident in my body, through nutrition and exercise. For me, making changes gradually was key. My advice is to remind yourself of the goal you’ve set, but be kind to yourself in the process – congratulating yourself on your achievements works wonders!”

### *Keep an open mind*

The journey towards achieving your goals can also be transformative, so it’s natural for your end goal to shift along the way. “I recommend setting the big goal, but then disconnecting your attachment to it,” says Kiki-Sunshine. “By breaking it down into daily action steps, you’ll find that other opportunities present themselves to you.”

Florist Jodie Smith ([www.acacia-floristry.co.uk](http://www.acacia-floristry.co.uk)) knows all about the power of being open to change. “My daughter, Olivia, has photosensitive epilepsy. I remember looking at her during one of our hospital stays and promising that I would use my trade to make as much money as I could, to provide her with the best treatment. I made the decision to open up my own florist. My goal was to try and run my business at a small loss in the first year, break even in the second, then make a profit in the third. I managed to make a profit in the first six months and haven’t looked back.” Jodie’s success allowed her to revise her goals to push herself to grow her business further. So, whatever you’d like to achieve in 2018 (and beyond) set your intentions and enjoy the journey, wherever it takes you next. ➤



Empowerment coach  
Kiki-Sunshine  
helps women to set  
achievable goals.

Photography: Maveen Kim

**“If we believe we can do it, we more than likely will!”**

*Kiki-Sunshine*



Photography: Joe Taylor



Photography: Colette Earley

L-R: Claire’s support network helped her to pursue her true passion. Colette took small steps to make a big change to her health, self-confidence and wellbeing.

# Setting smart goals

Simple ways to help you turn 'up in the air' dreams into achievable goals

**1** "I want to travel more." Make it specific. Decide where you want to travel, then start to make plans: "I will travel to India."

**2** "I want to get fit." Set a deadline for yourself for motivation with long-term goals: "I want to complete a 10k run by June."

**3** "I want more time for myself." Make it realistic and achievable: "I will meditate for half an hour a day."

**4** "I want a new job." Set several smaller goals: "I will research my career choices, then update my CV, then apply for five jobs." ☺

## Your vision for 2018

Next issue's magazine includes a beautiful vision board, stickers and cards to help you plan your amazing year ahead!



*“Setting a goal is all about the journey – not the final destination.”*

*Kiki-Sunshine*