



# FORGET NEW YEAR RESOLUTIONS & SET LIFE GOALS FOR 2010 INSTEAD

By Trudy Hill, psychologist and success coach at Seventy Thirty

**IT IS my belief that, if we look hard enough, there is something good to be found in even the most disastrous of situations.**

With the events of the past year, the much publicised credit crunch and the subsequent consequences this may have had for many, perhaps we can reap benefits in 2010 by re-evaluating what is important to us and living our lives by a new set of rules that encourage balance.

A perfect New Year's resolution for anyone is to aim for, or to maintain, fulfilment: a goal that is surely generic to the entire human race. But how can we make sure fulfilment does not evade us in 2010?

Take some time to consider how happy you feel in relation to each of the following areas: family and friends, fun and recreation, personal growth, physical environment, finances, business and career, health and, finally, romance. If you are doing well in all areas, your goal is to maintain that.

However, if some areas are head and shoulders above

the rest, it is time to divert some of the energy from the sectors of your life in which you are already doing amazingly well and refocus it into areas that need attention. From doing this exercise it should be clear where your energy needs to be focused in 2010.

Look at the areas that need more attention and focus accordingly, a little at a time to start with. Perhaps start by setting some mini goals. For example, someone that wants to develop fun and recreation might need to dedicate just one hour a week, initially, to trying something different, so they can stumble across things that they really enjoy and gain the motivation to put more energy into this life sector.

Small steps towards growth in each sector are big steps towards balance and fulfilment. So when you think about 2010, think about what a great year it could be.

## FACTFILE

Set up by experienced psychologist, Susie Ambrose, Seventy Thirty is an exclusive matchmaking, partner headhunting and lifestyle service. Its team of experienced psychologists encourage people to think about setting meaningful life goals and take the time to re-evaluate what really is important in life.

Susie said: "Studies show that people achieve the optimal success in life when they strike a 70:30 balance between work and life."

For more information visit  
[www.seventy-thirty.com](http://www.seventy-thirty.com)

