



Happy New Year and welcome to the January 2018 edition of A C.I.E.A.R. Path™ Forward. This newsletter is written for the friends and clients of Kathy Hart and ClearVision Consulting who are navigating transformative changes in their life. Each month you are provided with a monthly question, personal actions for clearing the fog, and a recommended book.

A change for this newsletter **only** - the recommended book is being swapped out for year-end insights. Also, provided below are links to all of Kathy's December Blog postings.

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### **Why Are Resolutions Fraught with Challenges?**

New Year's day for me and my husband, like so many others around the globe, was spent reflecting on the past year and pondering the year ahead. This year we started off by completing a Life Perspective Assessment, a tool designed by my coach Alan Weiss. We each completed one, and then talked through our insights.

As we talked over where we were currently and where we wanted to be, we both fell into the trap of focusing on what needed to improve. Big mistake - it wasn't until we took a hike that we realized we've been building on and improving some great habits during 2017. We didn't give ourselves credit for these or focus on how to continue building for 2018; we only focused on what could be improved. While our picture of the future state remained the same, our list of actions going forward shrank dramatically. We have a lot to celebrate, and continuing actions already started in 2017 (or earlier) is much easier than making major changes.

During our walk we also asked the question, "So how do we put all these great ideas into action, given what we already have on our plate?" Oh yeah, that sneaky little concept of prioritizing. An improved life looks great on paper, but when you step back and review your already overflowing plate it becomes much more daunting. For us, it means being realistic about what we can actually accomplish. In the end, we each have two big areas where we want to improve. My first is building in time for "creative" outlets, which can be accomplished by renegotiating family time spent on daily/weekly chores. My second is in the health/spirituality realm, requiring me to re-engage in daily practices I have slacked off on during the last few months.

### **Specific actions to side-step resolution challenges:**

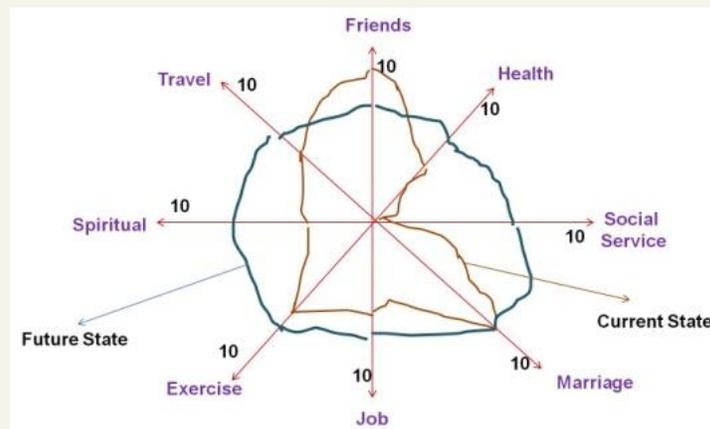
- **Celebrate accomplishments**
- **Build on what's already working**
- **Prioritize to an essential few**

- Reduce somewhere else to make room for improvement/change
- Enlist support from family, friends and others to make progress

**Action:** Share with me at [kathy@clearvisionconsult.com](mailto:kathy@clearvisionconsult.com) what have you done in the past to ensure your New Year resolutions are achieved?

### Clearing the Fog - Personal Actions to Achieve Your New Year's Resolutions:

- **Complete a Life Perspective Assessment:** On a sheet of paper draw arrows out from a central point. Label each arrow with the category that is an important area in your life. Each arrow represents a spectrum of 0 - 10. Place two notches on each arrow, one for where you are currently and one for where you want to be in the future. Have each family member complete this diagram, and then share the results.



- **Celebrate and Build on 2017 Successes:** As you review the results of your assessment, identify what successes you achieved in 2017 for each of the labeled categories. Think about the actions you have already put into place, and decide how you can continue to move them forward.
- **Prioritize and Enlist Support:** Regardless of how great your resolution list, carve out only an essential one or two to focus on. If you complete those prior to year-end, then by all means add another. But keep it to a manageable few. And whatever you decide to tackle, reach out to others for support. Whether it's getting another pair of hands to help, learning from others, or just having someone encourage you; take the time to enlist support.

### Year-End Insights

I shared this activity in last year's newsletter and, from the positive feedback received, I have decided to continue the practice for 2018.

#### New Insights:

##### Decrease Worry, Increase Effectiveness

I'm a planner; it's a life-long trait built into my DNA. Unfortunately, I am also a worrier and what became crystal clear this year is that worrying decreases my effectiveness as a planner. It robs me of sleep, focus, and, sometimes, creates action paralysis. Working with my coach has helped to make me aware of this fact and, more importantly, to leverage my planner skills to overcome it.

##### Inject Change into Your Life

Last year I learned about the need to embrace change. This year I realized that we must

deliberately inject change into our life. Our lives are akin to the fable of the frog that jumps into cold water, and doesn't notice until too late that the water is slowly increasing in temperature. We don't realize until too late that our life's not heading in the direction we want. To alter course is difficult and challenging, but not injecting change dooms us to a life not fully lived.

### **Pain is Involuntary; Suffering is Voluntary**

Bad things happen in your life, and there's nothing you can do about it. Loved ones and friends pass away, animals have to be put down, actions are taken by others that cause you pain (deliberately or not), and a myriad of other life events. What my coach helped me to understand: pain is inevitable in these circumstances, suffering is not. Bemoaning my fate, paralysis of action, and worrying are all forms of suffering that I voluntarily impose upon myself. It is within my locus of control to alleviate suffering.

### **Reiterated from last year:**

#### **Cultivate Healthy Relationships**

Friendships take time to cultivate, both from a giving and receiving perspective. Those you call friends and are in relationship with should be able to celebrate your successes, empathize with you and, most importantly, give you a boot in your backside when appropriate. If they can't do all three, re-allocate your time to others who offer a more balanced approach.

#### **Be Grateful for Family**

Regardless of how your family functions, dysfunctional or not, be grateful for them and what they offer. Do realize, however, that gratitude can be provided from a distance. There are those you may choose to be close to and around more often, while others are best experienced from a safe geographical zone and infrequently.

#### **Experience Other Cultures**

I know of no other way to truly understand myself than by being around others different from myself. Interacting with other cultures affords the opportunity to reflect on your personal beliefs, determine what's important, and to realize there is more commonality among us as humans than differences.

#### **Outreach to Others**

You really aren't expected to go it alone. It was John Donne who wrote, "No man is an island, entire of itself; every man is a piece of the continent, a part of the main." Humans are meant to be in contact with others. Whether to coaches, mentors, accountability partners, colleagues or friends, reach out to others to learn, grow and develop yourself.

#### **Listen to Your Body**

Long acknowledged as a Type A personality and always on the go, ready to tackle the next project, this year I was better at listening to my body and being vulnerable to its needs. Learning the art of pacing yourself is a skill to be continually practiced and mastered.

### **Kathy's Blog Posts from December:**

- [Challenge Yourself to Feel Alive, Vibrant and Engaged!](#)
- [Holidays are a Time for Traditions, both Old and New](#)
- [Change Your Life Through How You Interpret Your Memories](#)
- [Experience Joy at the Holidays, and Be Joy-Filled all Year Long](#)

**New Arrival** Be sure to check out Kathy's updated website at [www.clearvisionconsult.com](http://www.clearvisionconsult.com)

*Kathy Hart, Ed.D. has a driving passion for human change and transformation. Her goal is to provide women in mid-life transition with the support and resources needed to re-imagine and lead even more abundant, joy-filled and purpose-driven lives. If you are a woman wanting to reclaim your voice, realize a long-held dream, or just live your life to the fullest, take concrete action by contacting Kathy at [kathy@clearvisionconsult.com](mailto:kathy@clearvisionconsult.com). The choice is yours!*

*Services that Kathy offers:*

- 1:1 coaching to support the journey into your next life transition, whether work or personal
  - Trusted advisor for women navigating work changes and requiring an expert guide
  - Speaking and workshops on women in midlife transition, human change and transformation
  - Small group work and team development to boost the group's performance
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