



Why Goals and Resolutions Fail...The Real Truth!

Well the New Year has come and gone. You set New Years Resolutions...so how are they panning out?

We've all heard that the key to a successful life, career, or business means having to set and achieve goals. Make Goals. I made goals, set goals, posted goals, followed my goals, slept with my goals, dreamt about my goals. Phew...it not only sounds disciplined but with my experience it can be draining.

Don't get me wrong. I love achieving things that are important to me. Without these Champion goals I couldn't have gotten this far. But I now know that in todays mad and busy world we need a fresh way to look at goals that don't wear us out before we even start.

So here's the truth for goodness sake, why resolutions fail.

When I created my own [Champion Mindset Consulting](#) with the GPS (Goal Planning System) Coaching and [Motivational Goals Workshops](#) in 1991, many of my clients came to me looking for motivation.

Just as when I swam for Australia and just as people came up to me at workshops and presentations whether it was addressing the Australian Marathon Swim Team, Manly Marlins Rugby Team, Cranbrook School Swim Team, St Joseph's College Head of River 1st 8's; they would ask the same question: "I wish I could do that? I wish I had your passion, commitment, discipline and focus?"

And I gave them plenty of it - but more importantly, I taught them something that is "THE KEY" to success in anything.

You might think its goals - or New Year's Resolutions. You might think its positive thinking - or will power. Yet, the truth is that the key to success is none of these things.

Regarding willpower, I once had a client who told his friends, "Shelley's weekly 'Champion Motivations' newsletter are my will. I don't have the will to motivate myself on my own, so I go to her weekly newsletter and listen to the 'Shelley's 69 Personal Best Champion Motivations' CD in the car every day on my way to work and on my way home and these give me the will I need."

Not so. I gave her support - but I didn't give her my will. Not only that, but I went so far as to tell her she didn't need to use her own will either.

There's an old saying, "In the battle of will power versus imagination, your imagination wins every time."

7 time World Champion creating Champion Mindsets® with Taylor-Made Solutions!

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This happens to be true with achieving your New Year Resolutions, getting fit, improving your career, having better relationships, raising your kids - and everything else. You can do your best to impose your will on a child or student, for example, but it is the other person's imagination that will prevail. The same goes when you pit your will against your imagination.

Your imagination was created **to move mountains** - to help you create whatever you want in life. Your imagination is "**the elixir of life.**"

Or as Einstein said, "**... is more important than knowledge.**"

The most important part of the word 'imagination' is "image." As in, what is your "self-image?"

How do you see your SELF? What is the opinion you have of your SELF?

You can set goals - as I encourage people to do; you can make resolutions; you can even try to use your will to get what you want out of life - BUT if your goals, resolutions or will are in conflict with your SELF-image, you will not make lasting change. Not only that, you won't even take lasting action to create the results you want.

The bottom line is that you will fail to get what you say you want. Or you'll get what you want temporarily - only to snap back into agreement with the picture you have of yourself; your SELF-image.

The good news is that you can change your SELF-image. You can attain the results you want by relaxing your mind and body and imagining the person you want to become.

It is the one I rave about all the time...actually the one I listened to most when out at sea, swimming marathons...you know the one...within you...the natural born Champion!

Just as a World Champion professional fighter shadow boxes to perfect his punches, you use your imagination the same way. You play around with the image you have of yourself. You go to the place that Dr. Maxwell Maltz, author of the 30-million copy best-seller, Psycho-Cybernetics, called your "Theatre of the Mind."

You go into this private movie theatre and make changes on the INSIDE that will in turn change who you are on the OUTSIDE.

This, my friend, is the key to making goals and resolutions successful. This is the key to making positive thinking work. Without a change in your self-image, you're riding in a car without any petrol. You have no gas!

What Champion habits, will you commit to in 2008, consistently practice....and know when you do commit and practice....one day you wake up and it is second nature...it's in YOU....the natural born Champion (yourSELF) has been ignited?.....

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.....And when you follow these steps you will attain the success you want whether mastering your finances, the weight you want; the fitness level you want; spending time with your partner and family and whatever else you want out of life.

Learning how to change your SELF-image IS the most important exercise I can teach you. Learning how to create it in the Movie Theatre of your mind is a step-by-step technique I love to teach...watching people...sitting there....lighting up....it is sooo cool....as the natural born Champion grows in stature.

With a healthy Champion self-image you're somebody; without it, you're nothing.

Make sure YOU are part of these upcoming [Champion Goals Workshops](#). Make sure YOU take yourself seriously this year. Give YOUR mind and body what it wants and needs for your spirit to sail through life with ease.

[Enrol NOW](#) as the registrations for these events seem to fill up really quickly at this time of year. You don't want to keep putting yourself off, do you?

BECOME the SOMEBODY you've always wanted to be.

Cheers

Shelley Taylor-Smith

Shelley Taylor-Smith, 7-time World Marathon Swimming Champion, Self-Motivation Teacher, Mental Toughness Coach www.championmindset.com.au Need inspiration? Then check out the Champion Motivation ezine...fortnightly tips on motivation to inspire and energise you for success! www.championmindset.com.au/inspire.htm

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