

West London Colonics - Supporting you with your health & wellbeing resolutions

Any time is a good time to take stock and start gearing the mind towards what you *want* in your life, and also what you want less of, or *don't want*.

Look at your diary, and schedule in some 'me' thinking and planning time. It's a time to really look to the future. It's also a time to look at the year that's drawn to a close - and think about what *worked well* (**WW**) and what to *do differently* (**DD**).

So, while the ideas in this article are multi purpose, I'd like to focus now on health related objectives, since that is the territory covered by colon hydrotherapy.

Did you know that an informal study undertaken by a popular magazine in 2012 found that the top 3 (out of 10) most cited *new years resolutions* were health related? They were:

1. Lose Weight
2. Get fit
3. Eat more healthily

According to the Mental Health Foundation, the 80:20 rule applies to people's success with achieving resolutions. Only 20 % are happy they have succeeded, meaning that 80% fail to achieve their New Year's Resolutions each year.

Why? One of the main reasons that people don't achieve their goals is that they set unreasonable and vague targets that don't fit in with the rest of their lives. They are unsustainable goals, and somewhere down the line (many times as soon as February!), despondency builds about the scale of the task, the pressure builds and they quit.

The take sock review allows you to start building mental momentum. You've got to warm up for your resolution.

Be clear WW, what to DD, and resolve to QQ (quit quitting) by incorporating process *know-how* into your Resolution.

Let me offer you another acronym to use, to hone your health resolutions:
PECSAW.

Your resolution should apply **PECSAW** know-how:

Positive - Frame your resolution in terms of what you do want rather than what you want to give up. E.g. I want to be a size 8, I want to be a non-smoker. I want health without limits, exuberant aliveness, optimally balanced health and well being.

Evidence - What will be evidence that you've achieved the goal? Think about what will you see and hear. e.g. 'I'll hear people say "You look well!" etc.' List as many as you can. More the better.

Context - Frame the context in which you want to have these things e.g. 'I want to be a size 8 by holiday time (August), keep that size during holidays, and all the way through to 2015.'

Self-Achievable - This is important. The focus should be on the actions you can take in pursuit of your goal. Show up as the volunteer, not victim in your life.

Advantages and Disadvantages – This means looking at the pluses and minuses of having your resolution achieved. Even if something seems like its obviously beneficial there may be aspects of you that don't agree. Bring them to the surface. Notice any tendency to self-sabotage just when you are about get results. This is a common phenomenon and is known as *secondary gain*.

Worthwhile -. What will achieving this do for you? What are the benefits? What will it help you to avoid?

The **PECSAW** tool (which comes from the well regarded mind technology NLP) keeps your resolutions real, makes it something that's Monday morning do-able. Go on from this concretising of dreams (**RRR**: resilient resolute resolutions) into making a plan of action with timetable / timeline.

WLC are happy to be a cheerleader for you in your plans for your health in 2014. We want to be of service. Ask us for help and advice. Don't try to journey the path without knowledgeable guidance.

Don't be another warning statistic (one of the 80%); rather be a *shining exemplar* (one of the 20%).