

*Sylvia Becker-Hill*

# Resolutions

THAT *Stick*



*Avoiding the  
10 Big Mistakes  
that prevent  
lasting change*



**WARNING:** This e-book is for your personal use only. You may **NOT** give away, share or resell this intellectual property in any way.

## **All Rights Reserved**

**Copyright © 2011 – Sylvia Becker-Hill. All rights are reserved.** You may not distribute this report in any way. You may not sell it or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

## **Disclaimer**

This book is meant to be a “coach in an e-book workbook.” This means YOU have to read it, and YOU are responsible for any decisions or actions or change of actions you make or take as a result of your personal reading experience. The author of this e-book, Sylvia Becker-Hill, is not responsible for the consequences of your reading experience.

Dear Reader,

Every year it's the same. The 1st of January gives us the illusion of a fresh start: a blank piece of canvas on which we can create a new piece of art—our next year, our next version of ourselves.

Magazines and blogs are full of statistics about the top New Year's resolutions and just as many reports of people who give up before the month is out. My fitness studio sees its highest number of new enrollments in January and February, and then three months later it sees the highest number of dropouts. Many people joke that the best resolution is to not make any resolutions!

Aside from all of the negative statistics and cynical media, **I still believe in the power of resolutions**, when there is **real commitment** to do whatever it takes to change something for the better. That starts with **changing ourselves** for the better first, and that process can start **any day of the year**.

This guide will make you **aware** of the ten most common mistakes people make with their resolutions and why they don't seem to stick past January. I'll also teach you some **strategies** for how to avoid these pitfalls and turn your New Year's resolutions into **healthy new habits**.

Please pour yourself a cup of coffee or tea, make yourself comfortable and grab a pencil so you can take notes. As you read and re-read this little e-book, be prepared for more and more support and "manifestation magic" to show up in your life.

Let's get started!

A handwritten signature in blue ink, appearing to read 'Sylvia', with a horizontal line underneath it.

Sylvia Becker-Hill

Before I introduce you to the ten common mistakes, pitfalls and traps people fall into when pursuing resolutions, let's start with a simple evaluation to determine **where you are** regarding this topic.

On a scale from 1 to 10 regarding your **level of trust** that you will be successful in your new year's resolution pursuit (where 1 stands for total mistrust = knowing "I will fail" and 10 stands for highest level of trust = knowing "I will succeed"), where are you right now?

Quickly circle a number:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

How do you feel about this level of trust in your power to succeed with your resolutions? What do you think?

---

Now, let's see what understanding the ten common mistakes or traps and their cures can do for you:

### **Trap 1: Trying to change too much at once**

This trap leads to overwhelm, stress and frustration. Its consequences include less fun and joy while working on your resolutions. Its worst-case scenario results in total failure or totally giving up on the resolutions.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 1:** Address only one resolution at a time, adding each with a delay in between, beginning a new one only after the previous one manifests and results are apparent. This strengthens trust in yourself and empowers you to move forward!

**Your own insights:**

---

---

**Trap 2: Negative motivation**

Instead of stating a positive desire, such as “I want to feel better and have more energy so that I experience more fun and energy in my work,” you think negatively. Your resolution sounds more like, “I don’t want to feel or experience \_\_\_\_\_ (choose whatever it is you don’t want to go on experiencing) any longer.” This triggers early childhood anger and resistance patterns, causing you to work against yourself and sabotage success.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 2:** Create a positive vision by asking yourself, “For what do I want to change X? What will be the benefit for me when I reach Y? What will be the positive results if I do Z regularly?” Go through a stack of magazines and look for images representing your vision. Try to focus on how you will feel, and cut out pictures that evoke those feelings. Create a “vision board” or journal with these images, which can bring your goals to life in front of your eyes in a motivational manner.

**Your own insights:**

---

---

**Trap 3: The mental inner monologue of “I should...”**

This means that your intellectual mind has made the decision to change X based on rational arguments. But if your heart and gut (your emotions and your intuition) don’t agree with that change, then you create an internal conflict, which you only can lose.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 3:** Use your vision and your vision board from change tip 2 in order to positively “emotionalize” yourself. Start using a journal to have an active dialog with your intuition through automatic writing. In order to do so, relax and switch from your busy work-brain mode into a relaxed-but-aware slower-brain mode through meditation, deep breathing or whatever method works for you. When you feel relaxed, ask a question in writing and let your hand flow over the paper, spontaneously writing the answer. Be prepared for a few surprises! The insightful answers may seem miraculous or even scary as you wonder, “Who is talking to me?”

### Your own insights:

---

---

### Trap 4: Your sub-consciousness needs a clean-up

Recent insights in neuroscience prove that our conscious mind has only a 2 to 4% say in the decisions that lead to our actions. The remaining 96 to 98% of conviction comes from our sub-conscious mind, out of our emotions and conditioned beliefs and habits. Stored in our sub-conscious mind is a *loong* list of commitments and obligations we made *loong* ago. These create powerful countervailing forces against our new conscious decisions to change.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 4:** Picture your vision or look at your vision board. While you do, tune in to your inner thoughts. What kinds of feelings are coming up like an echo? Are they all positive, or are there some negative ones? Maybe fears? What kinds of thoughts or beliefs are triggered by your vision? Are they supportive of your goals or limiting or blocking? Use so-called “clearing methods” like EMDR, Kinesiology, EFT or others to remove everything negative or non-supportive! Unfortunately, rational insights help only in easy, simple cases of change. “Fat dogs”—complex and deep change-issues—need other taming methods!

**Your own insights:**

---

---

**Trap 5: The failure of previous resolutions**

Focusing on past failures can lead to an erosion of your confidence. It can also trigger a negative inner dialog full of self-doubt with thoughts such as, "Let's see if I can manage that THIS year!" or "Oh forget it! I've tried that so many times, and it never works. Why should this year be any different?"

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 5:** Be aware of your negative self-talk and focus on turning each negative thought into an empowering, positive one. Be careful: to avoid the trap of self-betrayal, turn the thoughts around in a gentle manner and use progressive affirmation to formulate sentences you can truly believe.

**Your own insights:**

---

---

**Trap 6: Wrong order**

Most time management books advocate the approach in which, to efficiently fill a bucket with stones, you start with the biggest, most difficult tasks (big stones) and then move on to the less difficult tasks (smaller stones) before tackling the easiest tasks (sand). Since difficult things are considered difficult for a reason, they tend to have a higher probability of failure, so for your resolutions, I recommend the exact opposite order!

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 6:** Start with the easiest projects that will have the quickest and most obvious results. The probability for success is higher in these cases. Each success empowers your confidence and trust in your ability to change. Then it's like working out in a fitness studio—you can increase the weight, adding more as your ability, strength and confidence increases.

**Your own insights:**

---

---

### **Trap 7: No plan**

Without a plan, you will lack clarity, strategy, resources, supporting structures AND alternatives in the case of complications or setbacks. Where there is no Plan A, there is no Plan B.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 7:** Write down a strategy and step-by-step plan for each goal by answering these questions.

“What exactly do I want to achieve?”

“How will I measure my progress?”

“How will I know that I have reached my destination?”

“What resources will I need, such as time, money, people, things, etc.?”

“What are the in-between steps and milestones on the path towards my goal?”

“What will I do if problem X or resistance Y comes up?”

**Your own insights (next page):**



**Trap 8: Throwing out the baby with the bathwater**

This trap happens when you stop pursuing *any* resolutions as soon some difficulties or partial failures occur. This leads to a dangerous lowering of your self-respect and to doubts of your overall ability to change.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 8:** Anticipate failure! Include it in your strategy. Have a Plan B on hand. If it happens, forgive yourself. Acknowledge yourself for stepping out of your comfort zone, then get out Plan B and move forward!

**Your own insights:**

---

---

**Trap 9: Listening to internal and external critics**

Anyone who initiates change calls forth resistance and critics. Period. If this doesn't happen, it's a sign that you "play" too small. The bigger the change, the more critics and "yes, buts" will show up! This happens internally through negative self-talk and externally through those who like to play devil's advocate, who are notoriously envious or who have a tendency to rain on your parade. This poisons your self-confidence and drains your energy when you need it the most.

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 9:** For the inner critic see change tips 3 and 4. For external critics try to avoid negative and doubting people as much as possible, especially at the beginning of any new change project. Envious people should always be avoided. Don't tell everyone what you are up to at first. In moments when you are feeling strong, listen attentively and gratefully to constructive criticism and valuable warning hints. Don't take anything personally. Use such feedback as valuable data you can evaluate and use or dismiss.

**Your own insights:**

---

---

### **Trap 10: Wrong knight's heroism and single warrior syndrome**

This trap "fits" if you attempt to do everything alone or if you believe you have to do it all alone. This attitude makes the whole process more exhausting and probably longer, for there are projects you simply can't complete alone! The bigger your change project, the more you need to rely on the support of other people!

Are you prone to this sabotaging change habit? Where and when have you experienced this trap?

---

**Change Tip 10:** Create a support team to have fun, share ideas, offer encouragement, provide accountability and counter your weaknesses. This could consist of spouses, partners, friends, family members, neighbors or an online forum. It might also include professionally trained helpers, like a medical doctor, a therapist, a consultant, a lawyer, a fitness trainer or a coach.

**Your own insights:**

---

---

Now that you are aware of and have reflected upon the ten most common pitfalls, traps and mistakes people make—and you have learned the change tips to avoid them—how do you feel NOW?

---

With this new knowledge and your personal insights, how would you rate where you are now on your personal trust scale regarding your ability to stick to your resolutions?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

What has changed in terms of how you feel about pursuing resolutions?

---

If you feel ready to make some resolutions, write them down now. Start with no more than five.

1.

---

2.

---

3.

---

4.

---

5.

---

To avoid change traps and implement change tips when pursuing a resolution, use this page as a **quick reference** to check your progress or analyze a lack of progress.

<b>Change Trap</b>	<b>Change Tip</b>
1: Trying to change too much at once	2: Address one resolution at a time.
2: Negative motivation	2: Create a positive desire to change.
3: The mental inner monologue of "I should..."	3: Positively "emotionalize" yourself using your vision board.
4: Your sub-consciousness needs a clean-up	4: Use clearing technics to create alignment between your conscious efforts and your subconscious mind.
5: The failure of previous resolutions	5: Transform negative self-talk with progressive affirmations.
6: Wrong order	6: Start simple and work up to bigger challenges.
7: No plan	7: Write down a strategy that includes plan A and B.
8: Throwing out the baby with the bathwater	8: Anticipate failure.
9: Listening to internal and external critics	9: Turn your inner criticism into positive self-talk and avoid external critics as much as possible.
10: Wrong knight's heroism and single warrior syndrome	10: Create a support team.

**Congratulations!** By working through this "coach in an e-book workbook," you now know more about the mistakes people make while trying to change and, more important, how to avoid these mistakes. May this knowledge help you grow into the change champion you are meant to be!

## About Sylvia

Sylvia Becker-Hill is an **Executive Change Strategist** who specializes in **coaching corporate leaders** to bring about **positive transformative change** with **lasting results**. Utilizing the latest research in **neuroscience** and **emotional intelligence**, she helps executives transform their leadership, ensuring that they—and their companies—are **change champions**, not change victims.

With **14 years** of experience as a **coaching pioneer** on both sides of the Atlantic, Sylvia has assisted corporate leaders with everything from post-merger integration and change management to on-site training and conflict resolution. With her extensive education, academic research, professional training, international coaching and real-world experience, Sylvia is uniquely qualified to help YOU create lasting change.

Clients appreciate Sylvia's knack for conveying complex theoretical information by breaking it down into bite-sized morsels they can apply to their daily lives. With her help, clients have experienced **deep transformation**, finding that insurmountable burdens suddenly seem like blessings and "impossible" problems become **pathways to opportunities** and **exciting prospects**.

Sylvia is devoted to helping people live their **full potential**. Because of her passion, compassion, humor, intelligence and creativity, former clients seek her spark and solutions years after their last session.

## Free Change Strategy Consultation

To request a free Change Strategy Consultation with Sylvia, go to <http://www.sylviabeckerhill.com/application> and fill out the **application**. Sylvia or someone from her team will contact you to schedule your one-hour session as soon as possible.

If you have questions regarding the content of this book or would like to give some feedback or share a success story, please email Sylvia at: [sylvia@becker-hill.com](mailto:sylvia@becker-hill.com).