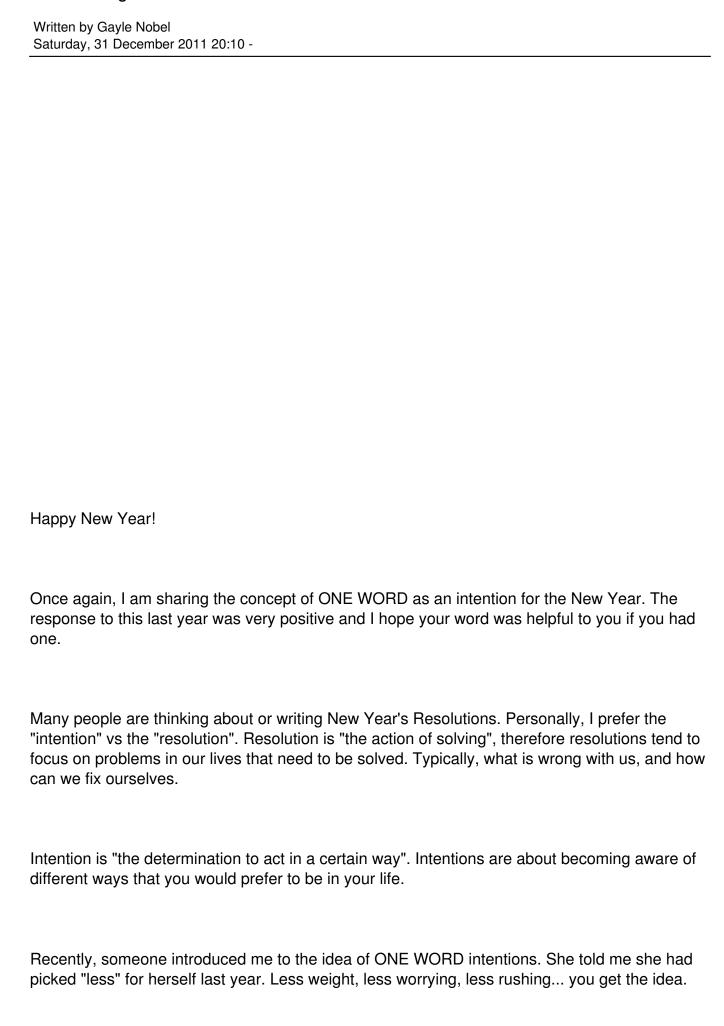
## **One Word Again**



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Written by Gayle Nobel Saturday, 31 December 2011 20:10 -

I really like the idea of one word. Clean and simple, and potentially very powerful. I just found a great explanation on Christine Kane's blog.

"The reason most resolutions don't work is that they address only one level of your life. The DO level. It's the DO-HAVE-BE model. "I will DO this thing." (i.e., Lose weight) "So I can HAVE this other thing" (Self-Esteem) and I can BE this thing. (Confident.)

The average New Year's Resolution doesn't address the core of the issue – the "BE" level.

The best order for creating positive changes in your life is the BE-DO-HAVE model. This means you start from the BE level. When you begin changing on the BE level of your life, then the DO level and the HAVE level follow more easily.

When you start only on the DO level, then all the blocks on the BE level will often become the obstacles you can't overcome.

## A Better New Year's Ritual

Several years ago, my friend and I decided that, instead of making resolutions, we would pick a word that would guide us throughout the year. It would be our touchstone. It would remind us of living our lives at the BE level.

This didn't mean that we didn't take action. It meant that our actions were inspired from the BE level. In fact, I took more action than ever with this new approach!"

BE, DO, HAVE. I really like that!

I invite you to get quiet over the next few days, go within, and pick a word for the year.

Just one word. That's all. Then, hold that word in your mind throughout the year, and let your word guide you to take action.

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PS Stay tuned for some word ideas tomorrow.