

How to Leverage a Fresh Start

By Greg Nelson

Albert Einstein, one of the more brilliant thinkers in modern history, once defined insanity this way: "doing the same thing over and over again and expecting different results."

Sound familiar? How often many of us come to a new year and with a stiff upper lip articulate some powerful resolutions - some life changing new directions and hopes - and then keep the same behavioral follow-through patterns. And then we wonder why we're never successful. And the renewed defeats plunge us into renewed despair and ultimately a distaste for new resolutions. After all, they never work anyway. And the cycle continues.

Maybe, as Einstein observed, the problem isn't with the resolutions, it's with our strategies - we don't change our approach, we keep trying to do new things the same old way, hoping for new results. Insanity!

The beauty of beginning a new year is being able to face a fresh start. So the question is, how do you leverage that new opportunity in ways that ultimately make a real difference? Let me suggest some significant questions to ask yourself:

1. **ASSESSMENT.** What strategies have been working in your life and which haven't been working? Be very honest and pragmatic in your assessment. The fact that you haven't made some of the important changes in your life you've identified in previous years might indicate that you need to change some approaches.
2. **EVALUATION.** Try to determine why what you've already been trying isn't working. Is it simply an ineffective strategy? Or are there some fears that are short-circuiting it? Some limiting beliefs or old paradigms that are holding you back? These are huge evaluative steps to take. It typically needs to be done with someone who can offer a fresh, unbiased perspective - who can help you see what might be blocking you.
3. **IDENTIFICATION.** What new strategies do you need in order to make your life changes? Identify what truly effective methods will help you accomplish your goals. That might mean asking trusted people in your life what works for them, reading some books dealing with the areas of change you want to make, or bringing a life coach into your process to help you get perspective in this assessment and point you in the right direction.
4. **SUPPORT.** Who do you have in your life that supports you and helps to hold you accountable to the changes you want to make? Friends? Family? A life coach? A support group? Most successful people I've known and worked with have surrounded themselves with positive, powerful people like that - they're willing to recognize they need assistance to become effective, they're smart enough to know they can't achieve on their own, and they strategically network with helpful people.

Albert Einstein was pretty smart - doing the same old things and hoping for new results is insanity. So why not grab a piece of his genius as you leverage a fresh start this year - take advantage of some new and effective strategies for life change! You'll be far more likely to experience significant results this year - you'll actually see yourself beginning to live your best, most fulfilling life ever. Now that's genius!