

I love a new year!

In addition to the opportunities every New Year brings, you're inclined to look at the results of the previous year. In business it's automatic this time of year, and of paramount importance to do so.

In life ... not so much!

It strikes me funny that in business we make instantaneous corrections once we see results aren't working, but in life we often lag behind making a change.

The last two weeks have been hell for me crunching numbers, working schedules, reducing hours, and making substantial changes that will improve results immediately at work.

In the midst of it all I realized that the old business model we were working from was no longer useful. I didn't see it until a close advocate kept questioning the results. Then we started to look and found the holes.

Instead of patching the holes, we threw out the model, and created one that worked.

It caused pain, angst, and a whole lot of shifting on everyone who was used to the old model. It required walking people through the reasons the old model no longer worked, and what the new model would create.

In life we sometimes just continue to do what we've been trained to do or have always done without questioning why we do it! In business if you keep using a flawed or old model, you'll find yourself suddenly faced with extinction. Think Kodak!

With a new model came a release of energy as if the obstacles were blown off the path, clearing the way for new action.

When I came up for air, and took a breath, I wondered where this "immediacy" for change went when dealing with personal diet, exercise, saving, and all the stuff we hear the experts tell us about improvements in health, wealth, and happiness.

I heard a segment on Brian Williams' news hour recently where an expert said to start saving more now for retirement. When asked why we don't do it, she said people don't want to look into the numbers because they're afraid what they'll find!

It's as if avoiding knowing your financial model doesn't work will postpone the result.

Instead the sooner you face it; the sooner you can do something about it.

So what do you need to do to seize the day rather than surrender the day, and change the models you use everyday that no longer serve you.

First you have to recognize the models you live by for working, creating, eating, exercising, and relaxation. Your models create patterns for living.

One model that my husband and I are looking into is eating dinner. You have to eat a big dinner. Right? No, it's a model that's been passed down generation after generation in both our families. We're creating a new model that works better for us to keep our weight at desired levels.

If you're not getting the results you want, then question your current model.

If that's hard for you, then notice what you complain to yourself and others about. Those complaints will reveal a model you want to shed!

So here's to a year of intentional results guided by a model that fulfills you and achieves what you want.

My love goes with you as you work with this Uplifting moment