



# Unglued

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## Here's to a Creative New Year!

It's only January, but I'd like you to close your eyes for a minute and imagine next December. Twelve months have flown by again and where are you compared to January? Which dreams have you pursued? Which dreams did you make real? What problems did you solve creatively? Which relationships are better? What goals have you achieved? When you're writing your annual holiday letter, or talking to a long-lost friend, what do you want to be able to say about 2008?

Take the time to answer those and other questions now, and you'll have a whole year to make those answers true. Without the intention of creating something different in your life, chances are nothing different will happen.

Once you have your vision of year-end in mind, then you can build some measurable goals and action steps to begin achieving them. No matter how impossible your vision may seem, you can whittle away at obstacles one action step at a time. Take a few baby steps each month and it will start to add up to significant progress.

How committed are you to creating what you want in 2008? Are you committed enough to hold yourself accountable and empower yourself to find a way around any obstacles that stand in your way? It helps to list the obstacles and, one by one, look for the lever to lift each one out of the way.

How often we perceive that a personal relationship stands in the way of what we want to create. “My wife (or husband) would have a fit if I tried to do that!” that negative voice inside our head says. But do you really know that to be true? What would it take to make that person an ally rather than an obstacle? No way to find out but to ask. Why not have a dream-sharing date? “Honey, I'd like to hear what you dream of doing this year, and I'd like to share some of my dreams....could we do that next Saturday, maybe over dinner at our favorite restaurant?”

What a magical year it would be if you could not only fulfill your own dreams, but help make someone else's dreams come true, too! It may take many more conversation dates and some compromises, but remaining silent, glum, and expecting your significant other to read your mind will accomplish nothing.

If you'd like some coaching to help you get unstuck and moving in the right direction, drop me an email and I'll tell you if and how I can help ([sue@cocreativeworks.com](mailto:sue@cocreativeworks.com)).

Create a wonderfully successful year!

Sue