

# NEW YEAR, NEW ATTITUDE



## LOOK BEFORE YOU LEAP, THINK BEFORE YOU ACT

As we head into the new year, we often focus on the goals we want to set (hitting the gym, eating healthier, reading more books, etc. – you know the drill). However, in focusing only on the goal, there is a vital piece being overlooked: your attitude. The attitude with which you do something is as important as the action itself. So, moving into the new year, rather than focusing solely on what steps we want to take, let's first take some time to focus on what attitude best sets you up for success for the upcoming year.

With this in mind, here are some reflective exercises to help you consider how you want to shape your thinking for 2021 and how best you can explore different areas of your life with optimism and purpose.

May your attitude for 2021 have you feeling as positive and confident as the great Patti LaBelle: "I'm feeling good from my hat to my shoe, know where I'm going and I know what to do; I've tidied up my point of view, I've got a new attitude." (Couldn't help but sing that out loud, could you?!?).

Here's to great things ahead,

*Jaime*

### IN THIS EDITION:

Yuletide Greetings  
from Coach Jaime

1

Say 'Auld Lang  
Syne' to 2020

2

Fixed or Growth,  
the Choice is  
Yours

3

What IS a Focus  
Phrase Anyway?

4

# 2020: AN OBSTACLE OR AN OPPORTUNITY?

Obviously, 2020 was a year unlike anything we have ever experienced before. We faced unprecedented challenges, unexpected limitations, and a constant sense of uncertainty. And yet, here we are today, arguably stronger for it. Taking a moment to reflect on the year that has passed, what new lessons and awareness have evolved? Here are some questions to consider:

- What did you accomplish over the year?
- What didn't work for you?
- What areas of opportunity were presented to you?
- What surprised you most?
- What lessons did you learn?
- How do you want to apply those lessons to 2021?
- Knowing what you know now, what change do you want to bring about most for 2021?

By engaging in the purposeful process of reflecting on past experiences and developing new awareness in the process, you build your growth mindset. Having a growth mindset means that you believe that you can learn anything if you are willing to put in the effort despite the risk of things possibly not going to plan. Having a growth mindset looks at challenges and/or making mistakes not as failure, but instead as opportunities to learn and grow.



**Being challenged in  
life is inevitable, being  
defeated is optional.**

**-Roger Crawford**

# GROWTH VS. FIXED MINDSET

**FIXED**

- \*Failure is the limit of my abilities.**  
*\*Haven't done it, and won't even try.*
- \*I can either do it, or I can't.**  
*\*My potential is pre-determined.*
- \*I don't like to be challenged.**  
*\*When I am frustrated, I give up.*
- \*Feedback is criticism.**  
*\*I stick to what I know.*

**GROWTH**

- \*Failure is an opportunity to grow.**  
*\*Haven't done it, but I'll figure it out.*
- \*I can learn to do anything.**  
*\*My effort and attitude determine my abilities.*
- \*Challenges help me grow.**  
*\*When I am frustrated, I try a different way.*
- \*Feedback is constructive.**  
*\*I like to try new things.*

## TRAIN YOUR BRAIN

Reimagining past scenarios helps prepare you for your future performance when similar situations occur. This creates new mental patterns (aka, neural-pathways). And with new awareness comes the power to make more productive choices. In light of that, choose to intentionally shift your perception of your ability and the difficulties you face to reflect a growth mindset. Just like driving a car, the more we practice adopting this mentality, the more natural it becomes. Use the chart below to explore a couple of recent challenges or obstacles, how you responded at the time, and how you would like to respond in the future.

| CHALLENGE OR OBSTACLE | THOUGHTS AFTER OBSTACLE | FIXED OR GROWTH MINDSET? | THOUGHTS OF GROWTH MINDSET | ACTIONS OF GROWTH MINDSET |
|-----------------------|-------------------------|--------------------------|----------------------------|---------------------------|
|-----------------------|-------------------------|--------------------------|----------------------------|---------------------------|

*I applied for a job and didn't get it.*

*I'm not good enough; I wasn't impressive.*

*Fixed.*

*I did my best, and I can learn from mistakes.*

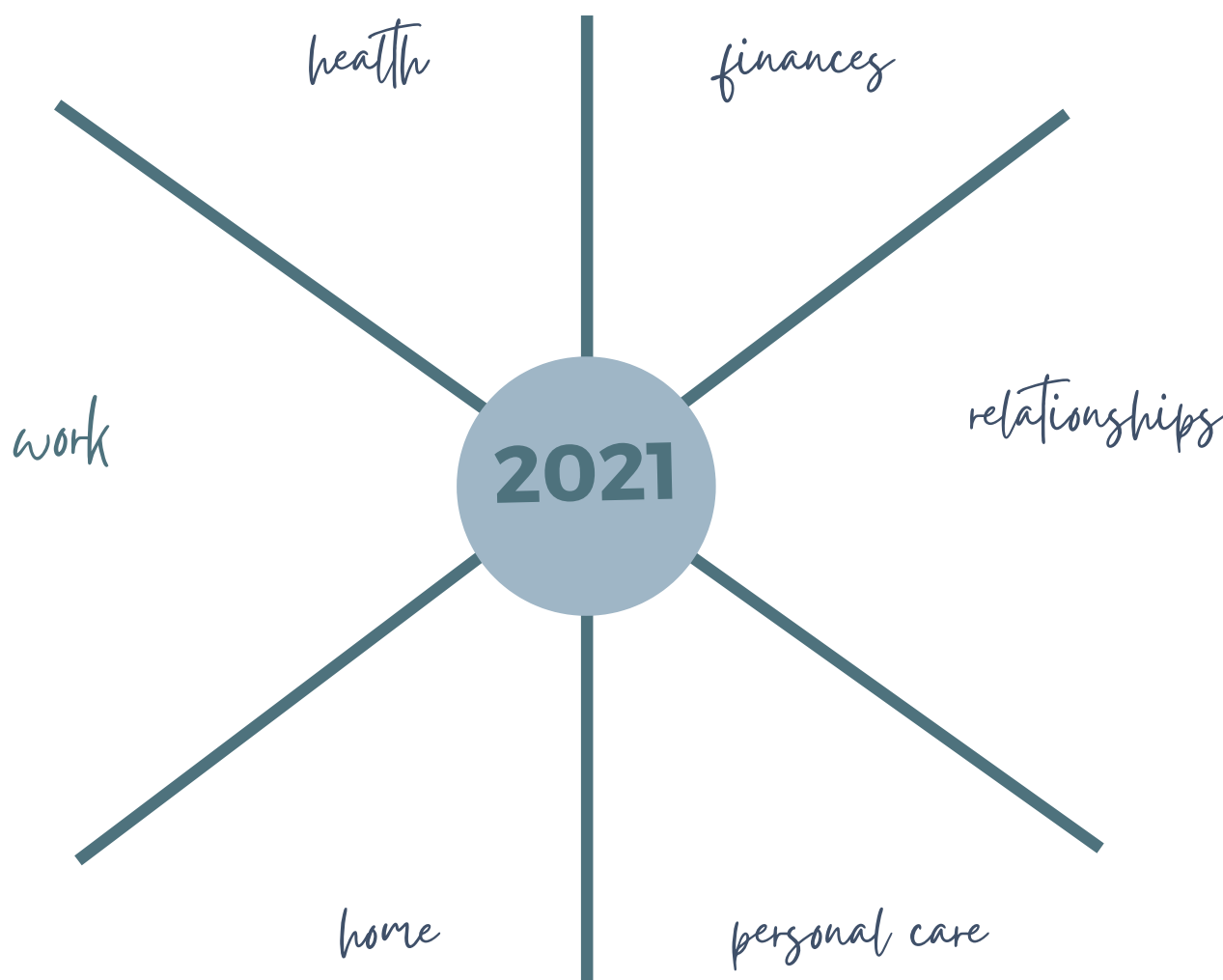
*Ask for feedback from interviewer for future interviews.*



# MAKING IT STICK: CHOOSE A FOCUS PHRASE INSTEAD OF A NEW YEAR'S RESOLUTION

Heading into 2021, invite yourself to intentionally reflect on the current state of your relationships, finances, work life, home life, health & personal care. Now ask yourself, embracing a growth mindset, **where and how you want to focus your attention moving forward?** This is the point where most of us start making New Year's resolutions, that often fade by the end of January. To help keep the intention behind the resolution going strong all year, try coming up with a focus phrase instead.

**A focus phrase is a specially-constructed short sentence that states your inner intent to refocus your attention immediately in a new direction.** The power of a focus phrase over a resolution is that a focus phrase keeps you open to change and growth. A resolution can feel like a fixed activity. Therefore, if you have to stop the activity, you end up stopping your resolution. Focus phrases are driven by more internal, emotional, or philosophical motivators. If your focus phrase is about becoming more productive, that doesn't limit you to accomplishing one particular project alone. Your definition of "productive" is open to evolving as the year goes on. However, your focus remains the same.



**Your focus determines your reality.**

**-George Lucas**