

## Resolutions

The calendar has turned, and we now write 2011. Do you make New Year's resolutions? I don't. I stopped making formal resolutions several years ago. I found that even when I was successful in sticking with them, they did little to add joy to my life. Instead, they felt more like a burden.

Although I don't make resolutions, I do consider plans and goals. I consider what I did well in the past year, and why. What could I do better in the new year? I analyze whether the things that take up my time are the activities in which I want to be engaged. What is exciting me now? Are there things in my practice that I don't enjoy anymore? If so, how do I do less of those things?

My partner Carol and I sit down several times a year to consider these questions for our business, both for each of us individually and for the partnership. We write down our plans and how we will measure our success. Over the last three years, we have been able to meet almost every goal. Often, the way we get there is completely unexpected. For instance, there was one part of my practice that I no longer enjoyed. But I felt obligated to a particular long-term client for whom I did that type of work. Nevertheless, I stated to Carol that I wanted to find a way to eliminate that part of my work. Several months later I got a letter from the client. Changes in their business made it clear my services were no longer a good match for their needs. I am sure the client did not make its decision to change how it does business to meet my goal, but I got what I wanted – less work I don't enjoy. I have learned to articulate the change I want, and be open to how it may come about.

Even if you don't make resolutions, these long cold days are a good time of year to think about the right direction for your practice and your life. Spend some time considering your own direction and being open to following a new path to get there.