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# The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible.

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December 30, 2024

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## Word Choices

**Resolutions** /rez-uh-loo-shuhn/, *noun*. Def - a decision or determination. A formal expression of an intention made.

Ah yes, it is that time of year. The New Year's Resolution. Loved by few, hated and despised by most. Time for some different perspectives...

Your view of the NYR is yours and I won't force you to change it but I ask for you to pause and reflect on "what is possible?"

Some NYR's are made on New Year's Eve, maybe after the champagne has altered your thinking and you either enthusiastically (with some help) or begrudgingly say what you want to achieve in the New Year. How much thought it typically put into your past NYR's? Here are some suggestions to consider if you want to make one this year:

1. Start early to give you time to create something meaningful and achievable.
2. Consider why that resolution is important to complete - is it to resolve a pain in your life, or will it bring you to a pleasurable state.
3. Maybe reframe the word to Intention or Desired State and give yourself some grace to have days when you don't focus on it but make it a long term, like a 30 day or 90 day goal.

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## Question of the Week

If you decide to make a NYR:

1. What's important about this intention or resolution that will change your life?
2. How will you commit yourself to this intention?
3. How can you create accountability with yourself or a partner?

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## Did You Know?

- 3 in 10 Americans made a resolution in 2024.
  - 62% of those making resolutions feel pressured to do so.
  - 79% of New Year's goals involve improving health.
  - Only 6% of adults will make resolutions to travel more.
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# Thinking Outside the Box

I think it is fun to Google something like "Thinking Outside the Box for..." and to see what comes up. On the NYR theme, here are some interesting articles for you to think differently about creating personal goals and resolutions for the New Year.

[6 Unusual Alternatives for a New Year's Resolution](#)

[5 Creative Alternatives for New Year's Resolutions](#)

[65 Achievable New Year's Resolutions](#)



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