



Happy New Year! We are a month in to the New Year and the New Decade. ...what better time to make a fresh start!

"Our challenges don't define us, our actions do." - Michael J. Fox

Setting goals and making resolutions can be wonderful, positive activities! And despite our best intentions we can (and will!) be faced with conflicts that create obstacles to our resolution success. What happens then?

It's true: whether it's health challenges, family dynamics, or our work environment, the conflicts and obstacles which prevent us from excellence in our objectives do not define us – how we handle them does! I am awed and inspired by those people who despite trying situations, persevere or change course as the reality of their intentions dictates. They refuse to be held hostage to an idea of how things *should* be. The following tips are intended to help you meet your goals, resolve conflict, overcome obstacles, and make 2020, this new year and new decade one of your best ever!

1. A New Year's goal or resolution is a Commitment to positive change. It can be accomplished with or without a positive attitude - but it's much more pleasant if you're able to have and keep a positive attitude! Practice positive affirmations for yourself and your abilities every day and be realistic about what you can and cannot do. When conflict gets in the way of your good intentions – and it will – you can acknowledge it, but don't let it derail your efforts *unless* it's pointing to you to a new true priority...the next right thing to do. Celebrate and congratulate yourself when you successfully manage conflict or meet a personal goal or resolution. Celebrate and congratulate yourself when you successfully change a resolution to fit the reality of life as it presents itself and not as you wish or envision it to be.

Events Calendar

February 12, 2020

Lincoln's Birthday
DuPage Courts Closed

February 14, 2020

**It's a Friday, Make Your
Reservations NOW!**

2. Reflect on your past...but don't take up residence there. Ever hear the expression, "I am in a rut and I am decorating it"? A look in your rear-view mirror can give great insights to the successes and mistakes of your past - especially if you're being rigorously honest. Are there destructive habits that have held you back? It's human nature to say 'yes' to the things that are comfortable in our lives, and 'no' to those that are unfamiliar or challenging. Things which we say 'yes' to aren't always in our own best interest! Be prepared to be flexible and to step outside your comfort zone and challenge yourself...that's where you'll find the knowledge, growth and sense of accomplishment that comes with achieving a new goal.

3. Develop techniques to refocus your energy and your mindset. Put physical and mental space between you and the person, place or situation that is threatening to derail your plan. Remove yourself from the potential conflict and give yourself a chance to regroup. Take a breath and consider your next action before you proceed. Practice neutral statements: "Perhaps you're right", or "Let me think about that - I'll get right back to you". (Or as my Southern Friends say, "Bless your heart", the nicest way possible to call someone an idiot!) Regardless, you want to keep the moment as just that - a moment, not an hour, a day, a week or a month or worse, a lifetime. Don't overthink the situation or let it turn into a resentment which only serves to deter you from your focus on your goals and resolutions.

4. Make sure your goals a S.M.A.R.T., and write them down. We've all heard it before, but it's worth repeating. When setting goals, make sure they're:

Specific
Measurable
Achievable
Relevant
Time-specific

Circumstances and conflict may demand that you reassess your goals - if you must do so, then do it quickly and without fear or anger. Though it can be easier said than done. Knowing which battles to fight and when will help keep you on task.

It's also important to write your goals down. Studies in neuroscience have shown that written goals benefit us in several ways, the first being "external storage"; you've given yourself a visual cue or reminder that you can look at each day. The other is "encoding" which happens at a deeper level: each time we review the written goal, it's traveling to our brain where it's analyzed and stored in our brains as something to be remembered!

February 22, 2020

9th Annual DuPage Open

Doors Open at 6 pm
Speakers begin at 7 pm

Parkview Community Church
764 St. Charles Road
Glen Ellyn, IL 60137

February 28, 2020

45th Annual Judges Night

5:30 pm cocktails
7:00 pm show

Belushi Auditorium
McAninch Center
College of DuPage
425 Fawell Blvd.
Glen Ellyn, IL 60137

TICKETS

Contact:

Robert Rupp
630-653-7779 or
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5. **Choose your personal "Advisory Council/Committee" wisely.** Remember when you were a kid and your parents cautioned you about falling in with the "wrong crowd"? Turns out, that wasn't such bad advice! Take a look at your inner circle of trusted friends (and even family), and consider who should stay, who should be "reclassified", and who might be missing from your personal Advisory Council. Remove the toxic people and instead focus on those people who are supportive of you and enrich your life. Surrounding yourself with those people increases the likelihood that you'll achieve your chosen goals!

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." -- Benjamin Franklin

The Law Office of Brigid A. Duffield, P.C. wishes you a New Year free of conflict and filled with happiness and success!

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