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Article: "You can make the change, think positive" – Mairéad Whyte.

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You can make the change, think positive

HAVE you ever heard yourself say that you have lost your motivation after a set-back? Have you ever found yourself postponing something, providing a hundred excuses as to why you cannot do it? If this sounds familiar, instead of giving in, start by examining what it is that you are doing.

Know that you can achieve your goals and resolutions this year once you recognise any early signs which take you off track. Let 2009 be the year that you wake up to the realisation that you have everything you need to succeed.

There is no such thing as losing your motivation, it resides deep within you, and therefore unless you lose a part of your invisible insides then your motivation is with you for good.

The same applies to your core inspirations, incentives, innovation and creativity. Problems can arise when we forget their existence so maybe it is the year to re-align yourself with all those amazing resources.

Once acknowledged, your core resources want to help you stay on track as you actively and continuously execute your New Year's resolutions.

There is no such thing as falling off



Cork life coach and business consultant MAIRÉAD WHYTE has advice on how to reach your goals in 2009

the wagon. You have relapses or deviate from your chosen resolution. Realise that the trick to achieve what you want is not to worry about making a mistake or a wrong decision, it's about learning when to correct.

When something doesn't work, understand why it is not working. It may well be that you have not yet discovered the right approach that will get you to where you want to be. Know that, you do not need to give up on your goal.

Do not to beat yourself up if you go off track. It is temporary. Know that a lot of the time success is actually achieved when there has been enough learning from enough setbacks. Einstein said: "Anyone who has never made a mistake has never tried anything new."

When we learn to walk, we fall over time and time again, but I do not know

one person who decided to give up on learning walking as a result of falling down. Equally once the child has mastered the new skill of walking, he or she will not go back to crawling again, they have learned a better method of moving themselves. We can learn a lot from children.

When a child falls over, we do not call them failures, we praise and encourage them to get up again. As adults we don't tend to award ourselves the same privilege, we are hard on ourselves when we perceive a mistake, we look for approval and we can let small set-backs stop us from taking the next step. Therefore it is very important to keep the end in sight.

Inspiringly, I read recently that Thomas Edison had more than 5,000 attempts at inventing the light bulb. When

Edison was criticised and asked why he just didn't give up on this apparently foolish dream, he responded by saying that he had not failed, he had merely identified 5,000 methods that would not work.

What I learned from this is that successful people potentially experience more set-backs than most people, the differences are that successful people focus on succeeding.

A few weeks ago, I had a smoke, a habit I kicked last September. I told a friend recently about my relapse and you would swear by her reaction that I was after starting World War III.

I explained to her that this relapse was significant for me in my growth and motivation to remain a non-smoker. I honestly examined why I did have that cigarette and as a result it further raised my self-awareness. My reflections made me more determined than ever.

If you have a relapse, understand the underlying causes, absorb the learning, make the corrections and you will be stronger than ever. It really goes back to how you view the relapse or moment of weakness in your mind.

Surround yourself by encouraging

people and learn to effectively remove yourself from those who criticise any of your attempts. Nobody is perfect and perfection is only a perception. Can our attempts be categorised as good or bad? Moreover does failure exist or is it just our thinking that makes it so?

Perception is subjective so trust yourself to get yourself where you need to be.

For several years I travelled on a weekly basis spending hours waiting in airport terminals, as such I started to view airports as tedious and associated them with work.

The impact, without intent was that I started to avoid airports when I wanted to travel for leisure which made it more difficult for me to reach the destinations that I wanted to go to.

I realised I had to shift my mindset. These days I view airports as shopping centres with parking for planes.

The success really lies in achieving the mindset of the person you want to be.

Whatever your resolution, the changes you make can be life-lasting. In the words of Mahatma Gandhi: "Be the change you want to see."