



THE CORNERSTONE EAGLE

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In this issue we talk about New Year Resolutions ...



CORNERSTONE
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GROUP



It's New Year, and it's a time to welcome the future with confidence and commitment. Winning that dream promotion, improving your health and fitness, being more creative, spending more quality time with your family etc. These and many other goals are all within your grasp.

Sure, the challenges of New Year Resolutions have derailed many an ambition. But it doesn't have to stop yours. So, relax and resolve to set successful New Year Resolutions. In this issue, we focus on how, in 2019 and beyond, you can build the foundations for a fantastic future! More later ...

Cornerstone International Group's MISSION is to be the best executive recruiting group worldwide, but our VISION is to be a true mentor and coach, one-on-one, with our clients, candidates and partners locally. The Cornerstone Eagle newsletter is not a sales letter to promote activities of our 60 offices globally, but a tool to inspire you to maximize your personal and professional potential to be a Better Leader and a Better Person both at home and at business.

We shall be your Faithful Companion / Coach / Mentor on your life and career journey, supporting you to discover yourself and offering good advice for 'Healthier Business and Life'.

Best Wishes,

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New Year Resolutions

Planning for a Year of Achievements

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- **“My goal for 2016 is to accomplish the goals of 2015 which I should have done in 2014 because I made a promise in 2013 & planned in 2012.”**

There are two common detours that people tend to make before they even start to set their New Year resolutions. First, they think about what they **should** do, rather than what they really **want** to do. Second, they think about what they should **stop** doing, rather than what they want to achieve.

To be successful at any change, you need to really want it. Unless you take the time to consider what it is you really want, you could make a resolution to which you're not entirely committed.

New Year resolutions can be powerful because making them is such a well-recognized practice. Everyone knows that everyone else is making plans. And what a great mutual support network that can provide! This external motivation and support, along with your desire to succeed is what can make the difference between success and failure.

Eight Rules for Successful New Year Resolutions:

Rule 1: Commit to Your Resolution

Successful resolutions start with a strong commitment to make a change. To succeed, you must believe that you can accomplish what you set out to achieve. So, keep the following points in mind, when you set them:

- Choose resolutions that you **really want** to achieve and make them positive.
- Announce your resolution to everyone around you, they will help hold you accountable.
- Develop a ceremony to mark the beginning of your commitment, this makes it more "real" and special for you.

Rule 2: Be Realistic

The key to achieving goals is motivation. But you risk failing if you set the bar too high.

- **Consider carefully before setting the same resolution you set last year.** If it didn't work then, you need to make sure that there is a good reason to believe that you can achieve it this year. What has changed?
- **Aim lower, rather than too high.** Aim for something that is challenging, but that you have a good chance of accomplishing.

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- **Don't bite off more than you can chew.** There is no reason to set more than one or two resolutions. Any more than that and you divide your focus and energy.



Rule 3: Write It Down

Put your resolution in writing. It's a simple but powerful technique for making your goal real. Consider writing it down on pieces of card and keeping it where you'll see it often. For example, on your desk, on the fridge, or in your wallet or cellphone.

Rule 4: Make a Plan

This is important, so don't miss out this step! Start by envisioning where you want to be.

Then work back along your path to where you are today. Write down all of the milestones you'll need to achieve in between. Decide what you'll do to accomplish each of these milestones. You need to know each step and have a plan

Rule 5: Be Flexible

Not everything will work out precisely the way that you planned. The first minor obstacle can throw you off course, particularly if you're too rigid in your approach. So, remain flexible and adaptable by following these steps:

- Try to predict some of the challenges that you'll face.
- Make a contingency plan for the ones that have the highest probability of failure, and mentally prepare yourself for the others.
- Realize that your resolution itself might change along the way. That's not failure, it's reality. If you need to make changes to the goal so you continue to pursue it, do so.

Rule 5: Use Reminders

It can be hard to keep focused on your plan if you have many other commitments, responsibilities and obligations. Develop a formal reminder system to stay on top of your resolution. Do this by taking the following into consideration:

- Have your written resolutions visible? Leave reminders at work, at home, in the car, on your calendar, in your briefcase, and so on.
- Make sure that the planned actions are on your To-Do List
- Set up reminders of the things you need to accomplish to achieve your goals in your desktop calendar.



Rule 7: Track Progress

You need to know when each milestone is accomplished: your excitement around the little successes will keep you motivated and keep you pushing forwards.

- Use a journal and make an entry regarding your progress regularly.
- Note when you felt particularly pleased with your efforts.
- Note when you felt down or felt like quitting.
- Look back at your entries on a regular basis and learn from your experiences.
- Discuss your progress with family, friends or colleagues.

Rule 8: Reward Yourself

Even the most committed person needs a boost, and sometimes that is best accomplished through a little reward or treat!

When you are developing your plan, make a note of some milestones where you will reward yourself once they are achieved. But spread them out, you want to make sure the rewards remain special and are not too easy to get!

Good Luck with your New Year PLAN!

Food for Thoughts from the Bible

[Luke 14:28](#) For which of you, desiring to build a tower, **does not first sit down and count the cost**, whether he has enough to complete it?

[Matthew 7:7](#) "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Our Editor, Kuang Fu at kuang-fu@cornerstone-group.com would love to hear from you if you have special thoughts to share.

About Cornerstone International Group: Cornerstone International Group is a Global Talent Consultancy Group founded in 1989 with some 60 offices worldwide and headquarters in Shanghai, China and Atlanta, USA. Our **mission** is to accelerate the success of our clients by providing top-quality consulting services in the field of talent recruitment and coaching solutions that are **faster, better and at a value** that serves our clients locally and globally. We provide a proven approach to Executive Search, Executive Coaching and Board Solutions in China, Asia and across Europe and Americas. A global member of the Association of Executive Search and Leadership Consultants (AESC), **Cornerstone** is recognized as having the highest level of quality in the industry. Cornerstone is also named by Forbes as one of the Best Management Consulting Firms in Executive Search in 2016, 2017 & 2018 and ranked by Hunt Scanlon as top Global 25 groups in 2018

