



That's
refreshing!

LUEMO
WORKPLACE WELLBEING

The conclusion of the year can feel like the 'end of an era'. We symbolically close the door on the past and turn attention to the year ahead, ready for a fresh start. It's a great time of reflection and provides motivation for positive change.

But so often we hear that even though new goals and aspirations are talked about they fail to materialise into something better. So how can we make sure that this time of renewal, new goals and positive changes actually become real in the forthcoming year?

Here are some tips for you to take on board now to help you refresh and set a course for real change:

✓ **Have a rest and contemplate**

Really take some time to do nothing so your mind can wander to what you really want in your future. Stop work, turn off your phone, go somewhere different and peaceful. Do some deep thinking about yourself.

✓ **Let go**

Let go of disappointments, old relationships, the way you use to be, mistakes you have made, where you grew up. Where you have been is nowhere near as important as where you are going. Happy successful people go through a process of change over time. You can decide to be different from this moment onwards.

✓ **Forgive**

This is part of letting go. If you harbour ill will and bitterness about yourself, someone else or something the only one you are hurting is yourself. It's exhausting! When you forgive you set yourself free. You might want/need to say it out loud, but forgiveness can also be very private – as long as you mindfully and genuinely forgive in your heart you don't necessarily have to make an announcement.

✓ **Repair relationships**

Close personal relationships will make or break

you. If there are relationships in your life that you need but they are in bad shape you need to do something about it. These are typically relationships with parents, siblings, children or life partners. Swallow your pride and start repairing.

✓ **Stop setting rules for yourself**

Stop thinking 'I never like any of my partners friends.' "I will never go on a cruise" "I will always be a {insert profession}" "I don't do gyms" "I would never work in that kind of company". Change your mindset to "I am openminded".

✓ **Keep your aspirations at top of mind**

Keep your eye on where you want to be. Think about it when you wake up and set your intention for the day. At night look yourself in the mirror and ask yourself "did I do my intentional best today?".

✓ **Ditch the big scary goal (WARNING: CONTROVERSIAL)**

We are always told to dream big and set challenging goals. The problem is often people set the wrong goals or goals that are out of reach. For example, deciding you want to buy a new house this year is a great goal, but if you have personal debt, a job with low pay and a rocky intimate relationship, you may want to break it down and rethink your timelines. Do what you CAN do, don't set yourself up for failure.

➔ [Read more about how you can stay well and build resilience on the Luemo portal.](#)



- ✓ I will reduce my debt by paying off a little each week and stop buying new things
- ✓ I will earn more money by applying myself with energy at work and asking for a promotion
- ✓ I will gradually disengage from alcohol and drugs by reducing my interactions with certain people and finding a new activity that replaces that time slot
- ✓ I will reengage with my family by having two small positive interactions each week and avoiding all negative interactions.

Tips for small and powerful change

Try just one or two simple life changes this year. It can be overwhelming to set too many big goals so write down specific goals and the small behavioural steps involved, for example:

- ✓ This year I will work on my confidence by practicing my conversation skills and improving my personal grooming



Get the Luemo Glo in 2024

Would you and your team like to join the Luemo Leadership Glo program in 2024? The program has become hugely popular with regular clients and newcomers alike. Our most popular format includes 3 x small group sessions and 3 x one on

one personal coaching sessions. Jump on board - you won't be disappointed with the confidence and results!

Get in touch to discuss your format options 1300 284 198.