



SELECTIVE PROFESSIONALS'
NETWORK

SPN eNEWS

December 2018

“Love doesn't make the world go 'round. Love is what makes the ride worthwhile.”

– Franklin P. Jones

Something to think about— “You may have a fresh start any moment you choose, for this thing that we call ‘failure’ is not the falling down, but the staying down.” – **While January may seem like the best time to start making changes to your lifestyle, there really is no time like the present: as long as you actively choose to begin something and vow to stick with it, the only thing in the way of your success is yourself! Keep working and never lose sight of the big picture.**

This December, we would like to let you know what's new at
SELECTIVE PROFESSIONALS' NETWORK

- We hope you have had a wonderful Holiday Season with family and friends enjoying quality time together and making great memories! At **Selective Professionals' Network**, we are back working to provide introductions.



- As 2018 has come to a close and we begin a new year, it is a great time to reflect on the old and anticipate the new—both personally and professionally. Highlights for **Selective Professionals' Network** during 2018 include changing our look with our new website, increasing our online presence, and becoming a member of the **Winnipeg Executives Association**. We are excited to bring awareness of our services to many new people. Looking forward to a memorable year!



- **Fun Activities to start the New Year:** While it may be colder than ever out there, January is the best time to put your best foot forward and try out a new activity, rekindle an old interest, or even plan a hot vacation for an escape—even if it is just for fun! Here is a quick list of both indoor and outdoor activities to make the winter go by a little faster:
 - 1) **Visit the Forks**– This Winnipeg hot spot has so many wonderful things to do and see during the winter months such as skating, seeing the holiday shops, or visiting the tower for a beautiful view.
 - 2) **Grab a Bite at Raw:Almond**– A sought-after dinner on the Red River, this experience includes a multi-course tasting right on the ice in an elegant structure that is sure to dazzle.
 - 3) **Climb an Ice Tower**– Every year the St. Boniface club floods a 20-metre tower that is ready to be scaled with use of their rentable equipment. While this may be a workout for some, for others, this is certainly a sight to see!
 - 4) **Relax at Thermëa Spa**– A luxurious retreat right here in Winnipeg, a trip to our Scandinavian-inspired spa will be sure to revitalize you for the year ahead.
 - 5) **Book a hot holiday**- If all else fails to bring a smile to your face, contact **Continental Travel** (a valued member of the **Winnipeg Executives Association**) who would be more than pleased to help you create a fabulous, stress-free holiday.



- **How to Follow Through on New Resolutions:** – These common resolutions will probably look familiar: exercise more, lose weight, get organized, quit smoking—the list goes on! However, once we settle into January and the New Year, many people struggle on maintaining their plans and lose sight of their goals. While it is easy to many resolutions, many people fall off fairly quickly due to feeling overwhelmed and making gigantic leaps towards their goals instead of smaller steps. If you want to make a resolution that lasts, follow these ten steps:



1. **Mentally Prepare For Change** – Before diving head first into your resolution, it is important to step back and get ready for that impending change. The first step is to take a personal inventory on the past year's accomplishments. Consider what resolutions you made, where you made progress, and where you fell short. You will want to stay upbeat with your new resolution so you can use that positive association with last year's accomplishments to remind you of your previous success whenever you feel challenged. Make sure you stay positive, try not to make big or quick changes, make any changes gradual, and allow a little room for trial and error.

2. Set Up a Goal That Motivates You– While it is easy to rely on other people for validation and support, you need to make sure that the goal you set is important to you and only you. There has to be value in achieving the goal for you, as this will provide the reason and willingness to take action. You need motivation! If your resolution aligns with your goals, priorities, dreams, and aspirations, that means you are on the right track to success.
3. Limit Your Resolutions to a Minimal Amount- If you take on too many resolutions, you will probably spread yourself to thin. We only have so much attention span that we can dedicate to self-improvement, so make your choices count. It is much better to tackle one resolution well than multiple resolutions poorly!
4. Be Specific- Follow the rule of SMART goals:
 - Specific: Choose *'lose weight'* over *'be healthy'*.
 - Measurable: Quantify your resolution if possible, i.e. *I will lose 10 pounds*.
 - Attainable: Choose a goal that is both possible and slightly challenging.
 - Relevant: Keep it relevant to your priorities and goals.
 - Time Sensitive: Give yourself a time frame to instill some urgency.
5. Break Up Big Goals Into Smaller Goals – A lot of us tend to be over eager when it comes to resolutions, and while we may have the best of intentions, it is easy to accidentally take on a goal that is too big to achieve. This might mean tackling smaller sections of a bigger picture: to get healthy you will quit smoking, visit the doctor more often, and visit the gym once a week. You can also break up your yearlong resolutions into weekly or monthly goals to make them more digestible.
6. Write Down Your Goals- Write them in a journal, email them to yourself, store them in a note-taking app, or print them and hang them on your wall. Goals are easy to forget and writing down your resolutions helps you clarify what it is that you want to achieve. They also act as a reminder of how far you have come and what you have achieved.
7. Share Your Resolutions With Others– If no one else knows about it, it is easy to forget about a resolution or even ignore it. By sharing your goals with others, you will feel pressured if you get off track and will feel more accountable for any progress that you have made. This sense of guilt is often more powerful than self-motivation!

8. Automate Where Possible – You can easily utilize your Google calendar, timed alerts/reminders on your Android or iOS, or create to-do lists on your notes. While these apps won't help you do the work, they do serve as a constant reminder of the work that needs to be done.
9. Review Your Resolution Regularly- If you are not thinking about your resolution regularly, you will not follow through with it. You can set daily reminders for smaller resolution tasks, do a weekly check-in to see progress on a monthly goal, or schedule a monthly 'big picture' review where you can distribute smaller tasks and goals to different weeks or days in order to make them more accessible.
10. If You Fall Off Track, Get Back On Fast!- Setbacks can happen, but as long as they are handled correctly, they will not impact the bigger picture. It is important to identify what led to that moment and how you can avoid a similar situation in the future. Once a mistake has been made, own it and move on!



Hopefully these ten steps will help you follow through with your resolutions and ensure that 2019 is your best year yet for personal growth and overall development as an individual. A moment of weakness is meaningless in the grand scheme of things, so no matter what happens, keep your head up and carry on!

- **Stuck on Coming Up With a Resolution?** Here's a quick list of fifteen great ideas that you can build on by using the tips above:
 - 1) Eat Healthier Foods and Become More Active
 - 2) Stop Procrastinating, Start Doing!

- 3) Improve Upon your Concentration and Mental Skills
- 4) Meet New People
- 5) Be More Confident and Take Chances!
- 6) Reduce Stress and Work on Keeping it Down
- 7) Get Better Quality Sleep
- 8) Become More Polite and Well-Mannered
- 9) Give Up a Harmful Vice [Smoking, Alcohol, etc.]
- 10) Read More, Watch Less
- 11) Learn How to Dress with Style
- 12) Spend More Time With People Who Matter
- 13) Volunteer and Contribute to your Community
- 14) Pick Up a New Hobby or Skill
- 15) and, finally, Face Your Fears and/or Insecurities!

For more ideas, visit [50 New Year's Resolution Ideas And How To Achieve Each Of Them at Lifehack](#).



- PER YOUR CLIENT AGREEMENT: Don't forget it is up to you to advise us whether you are available to be considered for any introductions in January. Please email to info@selectiveprofessionalsnetwork.com or info.spn@shaw.ca during the first week of EACH month and advise if you are available for an introduction. In the subject line, you can put- "Available for an Introduction". *If we do not hear from you, it will be taken as you are unavailable to be considered for an introduction.*

This would include if you have been introduced to a candidate, agree to meet again, and then you did not continue seeing each other. We won't know unless you tell us. ☺

Also, during the month, do not forget to notify SPN if you become unavailable.

- Thank you for your referrals in November. We love to help people and would love to help those who are not aware of **SPN**. If you know of anyone who may benefit from the services of **SPN**, please feel free to refer them. This month's new referrals will be thanked with a gift card to **Starbucks**. Therefore, please ensure any potential clients you have referred, do provide your name.

Should you know of any successful, single professionals between the ages of 25 through 75ish, looking for a better way to connect with like-minded singles, please have them contact:

Paula at Paula@selectiveprofessionalsnetwork.com (Cell: 204.995.3175)

- If you are a past client and would like to reactivate your membership, please ask about your options.
- Each month, **SPN** will email you our **monthly** newsletter. You should expect to receive it towards the end of each month. If you do not receive it by the end of the month, please contact **SPN** to notify us that you have not received it.

Best regards,

Patricia Veert
President

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