



IMPACT!

Effecting Your Life... by *Adrian Nyhuis*

You have to Run in order to Win

With each New Year come New Years Resolutions. I have come to realise that there is one word that often goes hand in hand with a New Years Resolution. It is almost always expected to follow, if not in a few days, within a few weeks or months. It is expected for nearly every person. That word is - "failure". Statistics show that after 6 months, more than 50% of people who made a serious NYR have failed to see them through. After 12 months, more than 90% of people have failed.

Many New Years Resolutions are made to improve people's lives. Most people are wanting to get happier and improve their lives, and yet again, they often fail - even when it is something as serious as putting things in place to ensure their ongoing health. Why is it that something that is so important like our physical and mental health is often something we fail at protecting?

During December I posted something on Facebook with relation to the large number of ministers and business people who suffer burnout and invited people to respond with their comments as to why they think that there are such large numbers of people that burnout ([click here to read the responses](#)). The response were varied ranging from looking at yourself, to looking at others. Unfortunately when it comes to burnout we try to look at where things went wrong, but we often miss the obvious and avoid looking at ourselves. Many businesses often fail because their owners are so busy working in the business that they forget to work on the business. It is the same with our own lives. If we want to run to the finish line then we must on a regular basis work on ourselves.



Adrian Nyhuis is the Director of [DNA Life](#). He is a professional coach who is committed to assisting his clients to achieve their maximum potential and has a

vision to impact people's lives and assist them in fulfilling their destiny.

Previous Articles

Be-Come

Recently I was pondering over my life and thinking about who and what I have become. As I did this, I began to think more on the actual word 'become'.

I have often heard people say...

[Read the whole article...](#)

First Steps to Influence

I regularly write quotes on Facebook. They are not just vague time wasting comments, but comments that are intended to provoke thought and inspiration in people. One of the recent quotes was "You are very influential. You can influence yourself to succeed or fail." After writing that quote I got to thinking. How influential are we really. Who do we need to influence?

I read an article in a book by John Maxwell recently that...

[Read the whole article...](#)

Quote:

"Every accomplishment starts with the decision to try."

Below I have listed 12 keys that will help with the balance of life work and ministry.

1. For those involved in ministry, relationship with God is a huge key. Prayer and reading the Bible are part of your "Professional Development" that cannot be ignored;
2. Take regular time off.
3. Get proper exercise and sleep.
4. Exercise fairly vigorously 3-4 times a week. Driving a car around town clogs the carburettor Cars need a good run to burn off the gunk. Exercise burns the built up stress in the same way.
5. Allow adequate time for sleep. Most doctors agree that adults probably need 8-9 hours' a night!
6. Allow time to Relax - Down time is not wasted time.
7. Time Management - What more needs to be said here? If you would like to download our free Time Management budget, [click here](#).
8. Restructure your thinking. Take a personal audit and reassess your goals. Make sure that your goals follow the S.M.A.R.T. principle (for more information on setting S.M.A.R.T. goals, [click here](#) to download our free book "Going for Gold - Practical tools for achieving your goals")
9. Improve your self-attitudes. Did you know that depression comes from spending large amounts of time focusing on how bad things are? What do you think focusing on how good things are would result in?
10. Learn how to use the middle two letters of the alphabet - "NO". If you know your gifts, and your limits this will become easier.
11. Face your fears; don't avoid them by pretence, or bury them in an addiction.
12. Have fun! No one ever said that we need to grow up, so enjoy life like a child.

Let your New Year be one of new beginnings. Forget about making a New Years Resolution this year. Just make yourself the promise that this year will be your best one ever.

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