

SCOTTISH

WOMAN

STYLE, WIT & WISDOM

ISSUE 40 2012 £2.95

2013
YOUR
LUCKY
YEAR

WINTER
SPARKLE
Dazzle in
Diamonds

CATRIONA
CAMPBELL
The Queen
of Digital

LET'S DANCE
Perfect Party
Dresses

*Kirsty
Gallacher*

Sky's Scottish Superstar



LOOK PRETTY WHEN IT'S CHILLY:
WARMING WINTER FASHION



WIN!

A LUXURY BREAK AT
LOCHSIDE HOUSE HOTEL

The right T-shirt

Author and life coach, **Jessica McGregor Johnson**, has worked internationally for nine years, empowering women to go out and live the life they choose. She gives us some New Year advice on how to make sure we start 2013 wearing 'the right T-shirt'...



When I left the corporate sales world in 1997, it was a big jump for me – just as it can be for many women who set a New Year's resolution to "change my life this year".

My experience has been, both in my own life and in my work as a coach, that the key ingredient to making that successful change is to be absolutely crystal clear about what your change looks and feels like.

I knew I wanted to leave my career in sales training and management; I was so unfulfilled by what I did. That isn't to make what I did a wrong choice, I had just outgrown it. Many women I work with look at aspects of their life - their career, relationship, lifestyle or their body - and criticise. But that's not going to ensure change. If you only move away from what you do not like then the motivation for success will not be strong enough to get you through.

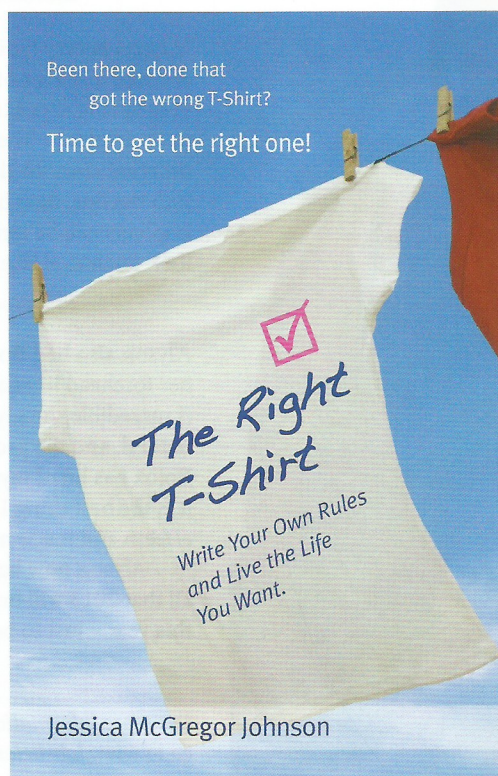
I used to be one of those women whose weight would go up and down as much as the wind changed! That was until I learnt that the motivation I had for losing weight – I hated feeling fat! - was only strong when I felt fat. As soon as I lost some weight I no longer had that strong push to lose weight and so I would go back to my old habits. That changed when I focused on what I would get when I had lost and kept off the weight – that was a much stronger motivation. The gorgeous teal dress I wore for the launch of my book, 'The Right T-Shirt', proved that point!

When I decided to leave the corporate world behind I had some very clear ideas about what I wanted in my life. I analysed my life and saw that I wanted more personal meaning, with loving, honest and open communication. I needed more

depth in my friendships, and more support and fun. I then took these ideas and grew them in my imagination until nothing could stop me.

I didn't create these things all at once, and I got a few wrong T-shirts along the way, but I kept on moving forward, each wrong T-shirt making my visions even clearer and more motivating. Little did I know when I got clear on what I wanted that I would live the life I have now in the South of Spain. Life evolves – and that clarity was the key.

So if you want your New Year's resolutions to really take shape, build the motivating picture of what you want in your mind first and then always choose in favour of that. And, as you move forward towards your dream, allow flexibility so that you can adjust to the things that come your way that might be even bigger than you had dreamt. That's what's so fun when you go for it – it also comes to you.



The Right T-Shirt, by Jessica McGregor Johnson, is out now. Go to www.jessicamcgregorjohnson.com for more info.