

The News Years Resolution that Sticks!



If you read this comic you probably had a laugh. It is funny because it is so true! The problem is that in reality it isn't funny at all - the self deception that is mentioned is the reason why most people never really achieve the things in their life that they really want.

How would you like to make this year's New Years Resolution(s) the one(s) that you actually follow through with and turn them into a success rather than another one of those many failed attempts? Why not you and why not now?

Here are a few ideas that may help you make this New Year the best year that you have had - A year that is more than just empty words and wishes, but is positive actions and achievements:

- **Set your New Years Resolutions before you start drinking on NYE.** It is far too easy to make big statements about things you want to achieve after you have had some alcoholic encouragement, things that in the sober light of day may not seem that achievable. In the same way, setting a New Years Resolution the 'day after' vowing that you are going to give up drinking, just because you have the king of all hangovers, is likely to last as long as the hangover!
- **Start with just one resolution.** If you make that almighty list of all the things about yourself you really want to change then within a few days you will get overwhelmed with all of them and end up achieving none of them. Let me tell you how I know this – personal experience! Find the one that is the most important and make a commitment to yourself that you will do what you need to do to change that **ONE** thing.
- **Make a commitment to yourself that it will be achieved.** This really is the hardest bit! You need to work out why you want this change and, as I have mentioned many times, attach an emotion to it. Something so compelling that your commitment to its achievement will be unwavering.
- **Develop a simple step by step plan for its attainment.** Don't expect to change everything all at once and maintain it for long enough to establish new habits. Start with one step and spend enough time on it until it is a habit. Then pick another and repeat the process until the goal/resolution is achieved.
- **Get some help through the process.** The help of a trusted friend, a professional, a mentor and/or some CDs, pictures, affirmations etc. You will need enough help and support to keep yourself focused until you have achieved the result you are after.



Tell yourself "It is my time & I will not be denied" – HAPPY NEW YEAR