



New Year Resolution Advice

Many of us will look at the start of a new year as an opportunity to begin a new chapter in our life; which is probably why so many people create New Year's Resolutions. A new year often feels like a fresh start, a great opportunity to eliminate bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically or intellectually. Of course, resolutions are much easier to make than to keep and by the end of January many of us have abandoned our resolve and settled back into our old patterns.

The following suggestions could help you change this:

1- Choose a specific and realistic goal. The more ambiguous you are the less likely you will commit to the

to the resolve. Instead of saying I will have a more healthy lifestyle this year, say I will stop smoking on the 30th of January 2012; or, I will start attending yoga lessons once a week starting next week; or, I will lose 10 kilos this year by monitoring the way I eat and doing more active sports weekly.

2- Pick one resolution only as it will keep you more focused and increase your chances of success.

3- Planning your approach is very important. So sit down and write down the path as it will increase the likelihood of commitment and success.

4- Start with small steps for instance start by walking once a week for 30 minutes or attend a yoga lesson once this month etc. Make it easily achievable.

5- Modify your resolution if you keep focusing on the

Topic of the Month

same one each year but keep failing to achieve it. This way you can learn what it is you might be doing wrong.

6- Remember that change is a process.

7- Learn from the 'hick ups'. Which means: every fall is an opportunity to improve.

8- Get support from friends, family or other. They can participate with you or be a supportive force for the change you want.

9- Remember the reason why you are doing what you are doing in order to stay motivated.

10- If you are struggling, always review your strategy and ask for help if needed.

Best of Luck!

