

Tips for Keeping Your New Year's Resolutions This Year



New Year's Eve is all about fireworks, toasts, celebrating the time hitting midnight and saying out loud: "This year will be different, this year I will do better." And the list goes on! People in all parts of the world are found following a famous custom: making resolutions. As the future is unsettlingly unknowable, New Year's resolutions are examples of the common human need to have some control over what lies ahead. We

don't know what's coming, so to counteract that troubling inability, we take steps to take control.

In a study, 3,000 people were monitored for a year, 88% failed to keep their resolutions, despite 52% believing they would when they set them.

Why do resolutions fail?

Self-created resistance. Our fears play a major role in holding us back from achieving our goals. If we want to take a leap and meet our higher self, then we have to cross some hidden hurdles and end up finding our flaws. We find ourselves looking in the mirror and questioning our existence, that we don't deserve happiness and success, that we don't deserve many great things. We believe so strongly that we don't deserve it and hold ourselves back from reaching our full potential because of this fear.

Fear of abandonment. We have a propensity to dive into the deep trench of "what ifs," and then fear that the changes might make us disloyal to or leave behind our close ones who were there when we needed them. There is a fear of walking the path all alone, casting aside our roots and forgetting all that once was important in our lives.

Fear of the limelight. We as humans are in love with being the center of attention; but at the same time, self-limiting beliefs creep in, reminding us that it may hurt others or make them feel bad. Even if the limelight shines upon us, this fear does not let us enjoy it completely.

Dysfunctional beliefs. A common dysfunctional belief is that the more success you have, the greater the burden it becomes. Our beliefs shape our lives and we can spend our whole lives in their shadow without ever questioning them.



Pain of effort. A resolution is something we wish to do that we are not doing today. Thus, we have to make efforts to make it a part of our life. Making the effort to move out of our comfort zone is a big hurdle.

So how do you keep your resolutions?

Change your mindset to change your behavior. If something keeps happening to you, then there is something you may need to change — aspects of yourself, perhaps — because you cannot find a solution to your problems using the same mindset that created it. Unless you work on your inner self, you may not be able to accomplish anything completely. The loopholes will always maintain the gap between your goals and achieving them. You can take all the well-advised measures in the world but achieving the most exciting goals will remain challenging without reflecting on your attitude.

Inquire and reflect on your why. Ask yourself if the payoff of your goal is worth the effort. How would life be once your resolution is fruitful? Sometimes life is rosy in our dreams and thoughts, but when we have to live it, it is a different story. Reflect on how much you really want it.

Choose your circle wisely. If the people around you don't support you, it may be time to make a change there, as well. As like-minded people attract each other, once you are happier, stronger, optimistic and healthier, you can find people who sync better with your frequency. Like-minded people are more likely to keep pushing you to do better than yesterday. The right people can help you design your thinking positively, expand your horizons and give you a new perspective.

That all being said, you don't necessarily need to wait for a new year to start making changes in your life. As is often attributed to Ana Cláudia Antunes, "I'd rather be on the ground than under to feel the heavy rain and thunder." While thinking about your resolutions and potentially lapsing in them, you may find you've become who you wanted to be anyway. Focus on understanding the motive behind your goals and it may help you in that process.

Let's begin with writing our story exactly the way we want it this year. Reflect on the progress you made last year and hit the roads of the New Year by promising yourself to do better than yesterday. And if you're off to a slower start, remember that you don't have to wait another year. Just start now!

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