



**ACHIEVE
YOUR**

**NEW YEAR
RESOLUTION**

Achieve Your New Year's Resolution

Follow these ten sure-fire ways to achieve your New Year resolution . They are easy to understand and with a small investment of time and commitment you will be well on your way to being in the top percentage of people who achieve their goals and can tick off their resolution.

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One – Writing your resolutions down on paper

Whenever you make a New Year's resolution—or set a goal of any kind for that matter—you should always put it in writing. If you don't write your resolution down, it's NOT a resolution, but just a nice thought.

Not writing a New Year's resolution down is a major reason many people have given up on or totally forgotten their resolution by the end of January. They didn't really have a New Year's resolution; they had some good intentions. And we all know what they say about good intentions!

The fact that you make the small effort it takes to write down a New Year's resolution shows that you are more serious about it than someone who doesn't.

Keep your written resolution handy so it's never far from your mind. In fact, many people write out their New Year's resolution at least once every day, some several times. However you choose to do it, just make sure you do it.

The first step to keeping your resolution is writing it down and giving the idea some sort of physical form. If you won't bother writing your resolution down, odds are you won't bother keeping it. So get a paper and pencil and write it down!

Two – Overcome Procrastination

PROCRASTINATION is the second reason you might fail in your New Year's Resolution.

Procrastination is the thief of time. ~ Edward Young

One of the main reasons people fail at New Year's resolutions is procrastination. They put off working on their resolution until tomorrow, or when the weather's better, or circumstances have changed, or "when I feel like it."

Many people do well in other areas of life but just can't seem to get around to acting on those New Year's resolutions. Some people resolve year after year to not be procrastinators. The problem is likely deeper than their New Year's failures. Try looking inward to see what could be holding you back.

For those who normally have no trouble in facing life's tasks squarely and attacking them directly and promptly, but just can't seem to do the same thing when it comes to their New Year's resolutions, there is hope!

The key is to be decisive, to make a real promise to yourself. A promise you will do something every day toward your goal, and then remind yourself of that promise every day, and hold yourself to deliver on it. Then take action!

Even if it falls short of what you had in mind when you made your resolution, it's still a start. Choose to enjoy every step forward and not having put it off.

After you do a little bit the first day, the second day is just a bit easier, and the third is easier still. Soon you'll find you've got yourself a new habit. As you reinforce your habit, it becomes easier and hopefully more enjoyable and the results will be evident.

When you reach the level you had in mind when you made your resolution be sure to celebrate!

So be sure to take a single step each day and make a start! The key is to do something.

Three - Avoid the trap of 'going it alone'

Let's look at why "going it alone" can lead to failure for your new year's resolutions.

How can one beam alone support a house? ~Chinese Proverb

Your chances of success at any endeavour are almost always going to be much higher when you do it with others rather than going it alone.

Support is why people who join Alcoholics Anonymous have much higher success rates at quitting alcohol than people who try to do it on their own. The same thing goes for smokers—joining a support group of others who are quitting greatly enhances your chances of forever kicking the cigarette habit.

Encouragement - When you're feeling down, discouraged at your lack of progress, or your slip-ups, and you feel like giving up, others are there to encourage you. It works the other way too. You start being accountable to members of your group and they begin to count on you.

You can find, form and join groups in your community, online, at work and even at home!

If you want to exercise more, maybe your spouse would like to make the same resolution. It's much easier to create an ally than to overcome the resistance of someone who feels left out.

If your resolution is to write a novel, join a writer's group or find a mentor.

Looking at a career change? This type of long term "big picture" resolution can be daunting, but with proper planning and support, can be among the most rewarding things you will ever do.

Whatever your resolution is, make a real effort to try to find another person, or group of people, who share the same goal. Doing so can really mean the difference between success and failure.

Next we will look at planning and how to measure progress toward your goal.

Four - Making a plan

Let's cut to the chase. To stick to your new year's resolutions you need a plan.

Success is not an accident. It begins with a well-conceived plan. You can and will achieve more in the next year than you have in the past ten with a disciplined detailed personal plan.

Producing a plan with fundamental decisions and actions will help shape and guide who you are, where you are going, what you do, and how, when and why you do it. All of this is done with a focus on the future.

So if you haven't taken the time to sit down and work out the baby steps that make up your 'resolution' or grand plan, now's the time.

Committing to those baby steps in your plan is much easier than undertaking a huge goal with no actual set way of achieving it.

My top 3 points why having a plan will help you are:

1. Focus your energies on what's most important.
2. Achieve the greatest results in the shortest period of time.
3. Eliminate uncertainty, anxiety, doubt and fear.

"Now where's my pen. Time to put my plan to paper!"

Five – Measuring Your Success

To help you get the most out of your plan you need to be able to measure your success towards your goal. To get you started, think about the following questions:

- Have you thought about or written your resolution down yet?
- Do you have ideas of a plan for 2017?
- Will it be a different year than last?
- What are YOUR baby steps?

For example: Instead of wording a resolution as "lose weight" Decide if you are going to lose 3 inches off your stomach? Or are you going to lose 7 kilos? Or do you want to bulk up and add 3 inches to your chest and biceps?

Maybe you want to run a 10k race without stopping? Whatever it is - That's your ultimate goal in a measurable format. Now write your New Year's resolutions around the behaviour and actions that will make you achieve your goals.

This is the key to having a specific and measurable resolution.

Not all goals are easy to measure, for example "be happier". For a resolution like this you might want to work backwards. Ask yourself. What would make me happy? What steps do I have to take to achieve the level of happiness I want?

If your goals are not measurable, you're setting yourself up for disappointment, because there's no real way to know if you've met your goal or not.

Great work, let's keep going!

Six – It's Personal & Meaningful.

Make your resolution personal and relevant to **YOU**. This is where a lot of people go wrong with New Year's Resolutions. They choose resolutions that they believe others think they "should" have, or resolutions that they feel would impress someone else, but have no real meaning for themselves.

Because their heart isn't in it, as you would expect, their resolutions drop quickly by the wayside.

In this case, a failed New Year's resolution may be no big deal, because it should never have been made in the first place!

If you are making a resolution just to impress someone else, you're making the resolution for the wrong reason.

You must have a strong desire to achieve what your New Year's resolution represents. Merely wanting something isn't enough. It's got to be something that you deeply care about and believe would make a substantial difference in your life if you achieve it.

By caring deeply you can push through the difficult times and will be less likely to give up. When combined with measurable outcomes you can stay encouraged because you can SEE the results!

Time to revise your resolution and goals for the year? Hop to it.

Seven – Discouragement & Obstacles

Call them whatever you want. Obstacles. Problems. Hassles. Discouragement. Difficulties. Circumstances. Whatever you call them, when making your New Year's resolutions, and when trying to stick to them, you have to understand that you're going to run into obstacles.

No matter how much part of you wants to overcome the obstacles and achieve your resolution, there's going to be another part of you that will be constantly looking for any excuse to quit, to give up, relax, chill out, just take it easy, go back to the way it used to be.

There will be problems along the way. You will have trouble getting up an hour earlier to study and write. It will be cold and wet outside when you want to walk. Some guitar chords will be unbelievably hard to master.

Those who can deal with and overcome obstacles will achieve their New Year's resolutions.

Tricks to overcome obstacles include:

- Mixing it up and trying something difficult from a new angle
- Taking a break and working on something else related
- Seek advice and support to find out where you are going wrong or what you could improve. (Perhaps you do need new runners after all!)
- Look to your plan, and see if there are different steps to take to achieve your goal.
- Reach out for expert advice.
- Do what you can to stay motivated, such as reading a book or listening to an audio on the topic. You will probably find the obstacles you are facing are common.

Good luck in breaking through your obstacles!

Eight – Time for a Check-up

Take the time to check-up on your plan occasionally or when you don't think things are going so well. This habit helps keep you motivated and focused; without it, it's just too easy to forget your resolution when you get too busy or distracted.

Ask yourself how well you're progressing toward your goal? Are you making progress? Are you stuck? This is the assessment part. Be honest with yourself. You're the only one who knows the real truth and the only one who's responsible for keeping your resolution and reaching your goals.

If you are stuck or think you are treading water you may need to come up with some ideas to help yourself or tweak your steps toward your goal. Look to your plan and supports and motivations as already discussed for clues on how you can stay on track.

Being honest with yourself and resourceful will help you to avoid creating an excuse to slow down or give up because "it's hard."

Perhaps you have suffered an injury or life has got in the way. Unfortunately life happens, but there's no reason to give up entirely. Revisit your written resolution, and see if there's a way to scale back. Keep baby-stepping in the right direction. Especially to keep the good habits going. The important thing is to keep making forward progress.

Lastly, during your check-up you may find you are **awesome** and well on track to succeeding you New Year's Resolution! **CONGRATULATIONS!**

You could even come up with newer goals to immediately start pursuing a higher level!... Or just relax, you have earned it.

Nine - Create the Winning Vision

Let's be real. Normal thinking, well-adjusted people don't love to hurt themselves, inflict pain, deprive themselves of sleep, food, or enjoyment, or any number of negatives that may be associated with many New Year's resolutions we could make.

Many can only focus on the negatives they see ahead including:

- The sacrifice
- The pain
- The struggle
- The inconvenience
- The costs, etc.

They lose sight of the goal they're striving to achieve and focus instead on the perceived pleasures or comforts they're missing out on.

These things can lead to discouragement and resentment, and finally to a feeling of futility, or doubt, and eventually to giving up on one's New Year's resolutions.

One way to combat this is to stay focused on the end point, your goal. Write your resolution down and keep it handy, where you can refer to it every day.

It's your inspiration. It should come honestly from within you. Inspiration generated from within consistently outperforms external motivators.

We need to use positive reinforcements to keep us motivated, and to keep us going when we feel like quitting. There are many varieties of positive reinforcement, and you should experiment and see which ones are really right for you. Every person is so unique so find one that works for you.

Popular options include:

- **Positive affirmations** - repeating your resolution throughout the day - eg "I'm healthy and fit at my ideal weight of 73 kilograms." Often these are part of an audio program or something you remember and recite during your daily activities.
- **Vision board** - create a vision of what your end goal looks like using cut out pictures from magazines & books or more likely online! Print it out or set it as your computers background to be reminded of your goal and "dream".
- **Milestone rewards** - At certain checkpoints you set up rewards for yourself, maybe a new dress, maybe a holiday. Just be careful not to over-do it and go backwards!

Ten – Actions Speak Louder Than Words

The final chapter is about taking action and incorporating this trait into who you are.

It is similar to procrastination, but different. Good old laziness and fear are problems when it comes to taking action!

No one likes to think of themselves as lazy, but the fact is many of us have become used to doing very little physical or mental activity outside of work. Fear is also holding many people back, but we will leave that for another day.

There's only one cure for laziness, and that's taking action! Getting up off the couch and doing something!

It's amazing, but you will find once you start doing something and taking action your brain 'enjoys' the stimulation and you start to feel good!

A key trick is to dream big, but keep in mind where you're starting from. Trying to do too much at once will only lead to injury, discouragement and failure. So take small achievable and actionable steps.

Ask yourself, what small thing can I do today to keep me on point to achieving my goal? It may be as simple as setting a reminder up, or putting out your running shoes ready for when you get home from work.

Whatever it is - do it!

As your habits form you will become a person of ACTION! These newly forming habits will help you keep your New Year's resolution, and will also improve your life in other great ways.

So what are you waiting for, go and take action! If you do you will be in the top ten per cent of people who achieve their New Year's resolutions.

Conclusion

Having a plan and support for your New Year resolution is critical. As is having it mean something to you, so there is a natural desire to achieve it.

Being able to articulate your resolution and mark off your progress is also important to stay motivated and know how you are tracking.

Remember to refer to this ebook as you need throughout your new year's resolution journey. It will help you to stay motivated and will remind you of things you may forget throughout your busy day.

Stay positive, seek support, don't give up and remember to take action!

Regards,

Jacqueline Hogan.

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