

Year Round Resolutions

By Jenet Kirby

You know, most of us make New Years' resolutions, but I wonder how many people actually keep them. So how do we get them, what do we do with them when we have them, and how can we maintain them?

Well firstly, you have to decide what you want to do? Is it like many who continue to choose the same old thing they have chosen before? Let's look as an example, losing or reducing weight. There are some people who just carry over that same old resolution to reduce their weight, just like they carry over the same extra weight they have been carrying for years. Just remember the definition of insanity, which is, if you keep doing the same thing, the same way without changing anything, but expecting different results.

So perhaps it is time to choose something else or approach the same thing in a different way.

So continuing on with the example of reducing weight, why not change the thinking to starting or increasing exercise or just having smaller portions.

In this way we are chunking down the goal and making it smaller. If you were driving from Melbourne to Brisbane, which can seem very daunting as it is a long way, why not break up the journey. So think of going from Melbourne to Albury, Albury to Narrandera, Narrandera to Dubbo and so forth. You get the idea.

I remember seeing an Australian female comedian many years ago. When asked how she lost weight, she simply said that she halved everything on her plate, and ate one half and left the other for the next day. So why not try that for yourself. You will get used to the smaller portions both from a physical point of view as well as from a visual. And after a while, this will become a habit for you to merely have smaller portions.

So let us get to it. Ask yourself,

- So what do I want? What is it I want to achieve?
- What is important to me?
- What needs doing to achieve this?
- How important is it to me to achieve or maintain what I have decided?
- Is it achievable and manageable?

Each New Year is a good time to review what has worked for the previous year. Keep what is working and discard or alter what is not. Only you can decide what to do, but do use others as a sounding board. Ask your friends, family or colleagues for their input too. And listen to them. Take what you need from their perspectives and blend it with your own views.

Sit down, think about it and record your answers.

So now just do it for you.