

New Year Resolutions

New year resolutions often don't work purely because we are going about them the wrong way. They are often unrealistic and unachievable, which is why they are so hard to keep and unsustainable. So if you are serious about changing something about yourself, then you will need to prepare for it, and if you feel it's too hard and too deep, remember that you can't build something strong on wobbly foundations... So take your time and answer the following questions honestly and truthfully.



What is the one thing you want to achieve?



What are your motivations?



What have you tried before that hasn't work?



Why is that? Think of at least 3 of all the reasons within your control, such as timing, method not suiting you, mindset, etc...?



Think of your attitude and motivations, have you given up before you've started?



What are your self-limiting beliefs or self-fulfilling prophecies?



Have they worked for or against me in the past? (Give at least 1 example)



Where do these come from?



What could they also mean?



Can you find counter beliefs or prophecies?



How do they make you feel?



What is your self-talk like? Are you too harsh on yourself? Too lenient? Remember that we can literally screw our best efforts and be our own worst enemy...



Do you sometimes go into 'victim mode'?



What are the triggers for this?



Are you prepared to take responsibility for your own life?



If we think about what you are trying to achieve, the behaviour you want to change is often a symptom of something deeper. So what is hiding behind it? What is making you fail? What are your fears?



What is the positive intention?



Find 3 alternatives that you believe will help.



What are the mini milestones you want to reach?

What will you do if you have a wobble?

What else could you say to yourself to keep going?

How will you feel once you have achieved your goal?

Remember that you are now approaching the issue from a place of deeper understanding and honesty so you are giving yourself the best chance of success. In order to achieve your aim, you will need to go back through this pdf regularly so you can keep on track. It can be very easy to forget about simple things which actually matter. Remember that you will at times encounter bad days where it all feels too difficult... This is completely normal and doesn't mean you are failing, simply that like the rest of us, you are human.