New Year’s Resolutions

Well, it’s that time of year again, the holidays are upon us and most of us are gearing up for Christmas and the New Year. With the New Year in our sights, it is also time to start thinking about our New Year’s resolution.

All too often, we make a resolution to do this or that, starting in the New Year. These resolutions provide an excellent opportunity for us to make a change in our lives. Whether that change is to lose weight, stop smoking or giving up soda. But unfortunately, these resolutions of ours regularly fail. Why? Because we fail to commit ourselves to our New Year’s resolution, and without commitment our resolution is nothing more than an empty promise.

So how can you commit yourself to your New Year’s resolution? Simple, you need to have a plan. Make sure you write down your resolution and the steps you are going to take in order to achieve your goal. You must also keep in mind to set a realistic goal. For example, let’s say your New Year’s resolution is to lose 35 lbs. by July. Next, you need to specify the steps you’re going to take in order to achieve this goal, which may include: eating a healthier diet, enjoying a walk during lunch, or perhaps increasing your fitness level by joining the local gym. Then to motivate yourself, you’ll want to list a number of smaller milestones. These can be anything that will get you closer to your main goal. Your first milestone could be to lose 8 lbs. by the end of February, another 10 lbs by March, another 8 lbs by April, etc. The key to success is to make your milestones achievable but also challenging. If you miss a milestone, it may be because the milestone was unrealistic or you’ve had a set back. If either occurs, just revisit your plan and make the appropriate changes. One thing to remember, an action plan isn’t written in stone and can be updated whenever the need be.

You may have the best action plan imaginable but without commitment you’re not going to achieve your goal. The best way to commit to that plan is to share it with someone you love or trust and whom will help you to achieve your goal. By sharing your plan you both feel committed to it. You are committed to achieving your goal and your friend is committed to support you along the way. What do you think? Give it a try this year and you’ll feel an
amazing sense of accomplishment when you finally, after all of these years, achieved your New Year’s resolution.

This article was brought to you by Central Michigan District Health Department which serves the residents of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon counties.