

## How to set New Year's Resolutions that will actually stick

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Learn how to set achievable goals and make them a reality this year

A new year represents a new beginning and an opportunity to start fresh – and for this reason many people set New Year's Resolutions. But the reality is that many fail to achieve these resolutions within a few weeks.

Executive Business Coach Penny Holburn, says it's important to set goals at all times of the year. "Setting and achieving your goals allows you to grow, when you succeed you increase your confidence and it raises your sense of competence.

“Many people fail to achieve their New Year’s Resolutions because they are often based on the fad of the month, or on what seems easy or what seems right for others. These are not good ways to set resolutions. You must set yourself objectives that will make a meaningful difference in your life and you must be committed to achieving it,” says Holburn.

She suggests the following tips for setting achievable goals:

### **Choose goals that inspire**

When you choose your goals, ask yourself if they are inspiring. If it’s not, change it or reword it until it is. Reaching sales targets may not inspire you, but you may be inspired by what you can buy with the money earned. When you feel inspired by the outcome, you will be motivated to work towards your goals.

### **Write down your goals and paste them somewhere you can see them**

It’s important to remember your goals each day, so write them down and put them in a place that you will look at regularly. Find a picture or visual of the outcome you want and paste that up as well. Such reminders and motivators help to keep you focused on the long-term outcome.

### **Set achievable goals**

One of the questions you should ask yourself is how difficult is this to achieve. If it is too difficult, then make it smaller or break it up into smaller goals. Your goal can be challenging, but it must be doable, otherwise you are not going to get started. Setting goals that are attainable increases your chances of success, builds your confidence and fosters motivation.

### **Create a plan with milestones, timing and rewards**

Humans need to experience quick wins otherwise we lose hope and give up so it’s important to set small milestones with a deadline for each. So if your goal is to lose 20kgs by the end of the year, set monthly weight loss goals and when you achieve those reward yourself appropriately. Each monthly achievement motivates you to carry on and stay on track.

### **Find people who have already achieved your goal**

The people around you can hamper you in reaching your objectives. If you want to cycle a long race and your friends tend to be inactive, it is going to make things difficult for you. Find some friends who are working towards the same things you are. You can motivate and encourage one another to keep on.

Talk to them and find out how they are doing it. Find out what obstacles and difficulties they have faced and how they got through it. You don’t have to do it alone, so don’t. Have supportive friends, family and colleagues around you who will help you.

### **Consider the ultimate pay-off**

When you are tempted to give up on your goals, don’t focus on the short-term benefits, rather focus on how achieving your goal will impact your overall life in the long-term. And be kind to yourself. You will encounter some bumps in the road but don’t give up. Perseverance is key!