

# Keeping Those New Year Resolutions

**M**aking New Year's resolutions is easy – sticking to them is another thing altogether. Whether you've resolved to lose weight, grow your business, get fitter, or spend more time with the family, what can you do to ensure you stay focused on your goals and don't let them fall by the wayside by February? Here are a few tips to help you maintain your momentum.

**Why do so many New Year's resolutions fail? One of the biggest reasons is that we simply set ourselves unrealistic targets instead of setting our sights on something that is genuinely achievable. In the same vein, unless you break down your goal into small steps, you may find yourself feeling overwhelmed ("how will I ever lose this 3 stone?" for example).**

**But whatever targets you set yourself, you will automatically increase your chances of success if you make yourself accountable to others; surround yourself with a support group of family and friends who can provide positive encouragement when the going gets tough. Remember there are plenty of online discussion forums where you can chat with like-minded individuals who are chasing the same goals as you – fitness, weight loss, whatever it may be – a source of inspiration. Sometimes you'll find it necessary to remind yourself exactly why you made the resolutions in the first place. Write down a list of 'reasons' and keep it with you to refer to whenever you're feeling weak. Meanwhile, here are 8 tips that should help you stay on track:**

## 1) Make sure your New Year's Resolutions are within reach.

**Setting unrealistic targets is a sure way to fail. Make them challenging but realistic.**

## 2) Draw up a plan.

**It's important to set out a plan detailing just how you're going to reach your goal. If planning to get fit, how are you going to do it? And when? If planning on losing weight, how are you going to do it? Follow a diet? Join Weightwatchers?**

## 3) Accountability.

**Having to regularly report your progress to someone else can really help you stick to the plan. As well as family and friends, consider online forums and social networks.**

## 4) Small steps first... one at a time.

**Breaking your goals down into smaller, manageable steps will help you track progress and keep motivated. If quitting smoking for example, try cutting down each day rather than going 'cold turkey'.**

## 5) Give yourself a reward.

**As you make progress, it's okay to give yourself a treat or reward like a book, a CD, or just a quiet night in front of the TV.**

## 6) Don't be too hard on yourself.

**It's inevitable you will be tempted to let your resolutions slip from time to time. If that happens, don't beat yourself up about it – just pick up where you left off and carry on.**

## 7) Keep a 'reason list' to hand.

**Write out the reasons why you want to achieve your goals. How much better will your life be once you reach your target? Keep the list with you and refer to it daily.**

## 8) Write a journal or blog.

**Another good way to help motivation and accountability.**

**Follow these instructions and there's no reason why you can't make 2007 the year when you DID stick to your New Year's Resolutions.**



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