Tips for Keeping Your New Year’s Resolution

By Chris Daniels

The New Year brings about a time of reflection. We consider what we accomplished over the course of the previous year and give thought to how we might make our lives better in the upcoming year. This process often leads to resolutions, some of which can have deep personal importance. However, as the New Year ticks by, life happens and resolutions quickly slip from memory.

Most of us recognize the importance of keeping a commitment, and keeping a commitment you’ve made to yourself in the way of a resolution is particularly important. What most people lack is a support system to help them be successful. You’ve given a lot of thought to your resolutions and you can keep them by putting in place the following support systems.

1. Write down your resolutions and put them where you will see them daily.
When we write something down, it takes on a greater level of presence and permanence in your mind. A “To Do” list for your life can work as well as the list you use for chores at home or tasks to complete at work. Just be sure to keep it where you can’t avoid seeing it.

2. Schedule time to act upon your resolutions.
Life can be overwhelming, and the things that are most important to us on a personal level are often the first things to get set aside when we get busy. However, your wellbeing is an important part of being a whole person for your friends, family and coworkers. Include time in your calendar to address whatever pertains to your resolution and keep it as a priority in your schedule.

3. Seek professional help if needed.
If you are unsure about how to go about making a change or you have been unsuccessful in the past, talking to a professional may provide you with some direction and perspective. The type of change you want to make will determine what kind of professional you seek out. It may be an attorney, a health care professional, psychologist, clergy, life coach, etc. Working with someone who has experience in bringing about change can save you a lot of time and false starts by helping you map out an action plan.

4. Partner with someone to hold you accountable.
Ask a friend, family member or a coach to hold you accountable for meeting your resolutions and meet with him or her at least weekly to discuss your progress. This step is critical for success! Having someone to support you will keep you motivated and provide you with a safety net if you start to slip. Friends or family members can be particularly helpful in this role and often the relationship can be reciprocal. You can agree to support them and hold them to meeting their resolutions. Or, you may want to hire a life coach for this role if the thought of asking a friend or family member is uncomfortable.