



## Revolving resolutions

A new year has ticked around, and with it a plethora of resolutions. We want to lose weight, work less, quit smoking, spend less, and all at the same time. Sadly, we set the same resolutions every year, and yet few of us see them through to the end of January, much less the end of the year!

But what makes it so difficult to keep a resolution? Sometimes we set the bar too high, and give up when we fail to meet our unrealistic expectations. Sometimes we don't see results immediately and simply give up before we even had a chance. Sometimes we make a change, but don't recognise that other things stay the same and suck us back into old habits.

If that's what stops us from keeping a resolution, what helps us to keep a resolution? There's lots of ways of keeping resolutions, and people will describe the process in lots of ways, but they all essentially boil down to the same few things.

- 1. Be specific** – Don't set a vague resolution that you'll never even know if you've achieved (eg. don't resolve to lose weight, but rather set yourself a weight loss goal and a timeframe to achieve it in)
- 2. Celebrate** – Celebrate milestones along the way; it might take a long time to reach your target, so reward yourself for small gains
- 3. Be forgiving** – Accept that you will make mistakes from time to time, and don't beat yourself up for it; forgive yourself and get straight back on track
- 4. Be realistic** – There are sometimes things that you just can't achieve, for any number of reasons; set resolutions that are actually achievable in your situation, or be prepared to change your situation

Keeping resolutions is hard work. If you're struggling to keep your commitments to yourself, a session or two with a counsellor might help you to understand why this is happening. To speak with an experienced counsellor, call Converge International on 1300 687 327.