

HOW TO GET YOUR NEW YEAR RESOLUTIONS AND VISIONS ACTUALIZED



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It is another new year! Many of us are making New Year resolutions; In fact the resolutions are practically flying about. How many of us are able to achieve all we resolve in the first few weeks of January?

In 2007, a study from the University of Bristol found that about 90% of those who make New Year resolutions do not achieve it at the end of the year. Sadly, by March, 80% are estimated to be off the resolution wagon. More recent studies show statistics continue to be as gloomy.

However, all hope is not lost. We can enter into the league of the 10% who make their resolution happen. You want to know how? Then avail yourself of our shared success tips on how to get your resolutions and visions actualized.

Tip 1. Reflect on the past year



“If we do not know where we are coming from, how then do we plot a locus of where we are going to?”

There is the need to reflect on the last year and all that went well as well as those things that did not go as planned. Why did they not go as planned? What were our mistakes? What could we have done better? What do we need to change? We need to strip our selves of all the fancy layers and do a “naked truth” assessment.

Once we understand what we need to change and do better, we become armed with the greatest weapon that escalates success- our reflection outcome.

Say on review, one finds that last year only half of ones goals were met because of time constraints. On review, what took your time? If in all honesty you find that emails, WhatApps, Facebook along with

different media of all sorts took a chunk of your time, then what to do is simple. The new information age can make or mar, depending on how one interacts with it. Do you wake up in the morning and pick up your phone? Do you sit on the loo with your phone? Are you staring at a screen at the dining table? Are your devices controlling you or are you controlling your devices?

Take a step back. Decide to have fixed times you attend to your emails and other media messages. The truth is, the world will not sink if you do not respond to every message as they come your way. Remember, with these new technologies, your personal space is now boundless and is being invaded with every ping or alert. It is left for you to protect and keep your personal space and time.

So, reflect and make the needed changes. The above is just an example.

Tip 2. Keep your visions and your goals within a time frame view and always evaluate your personal circumstance prior to setting goals



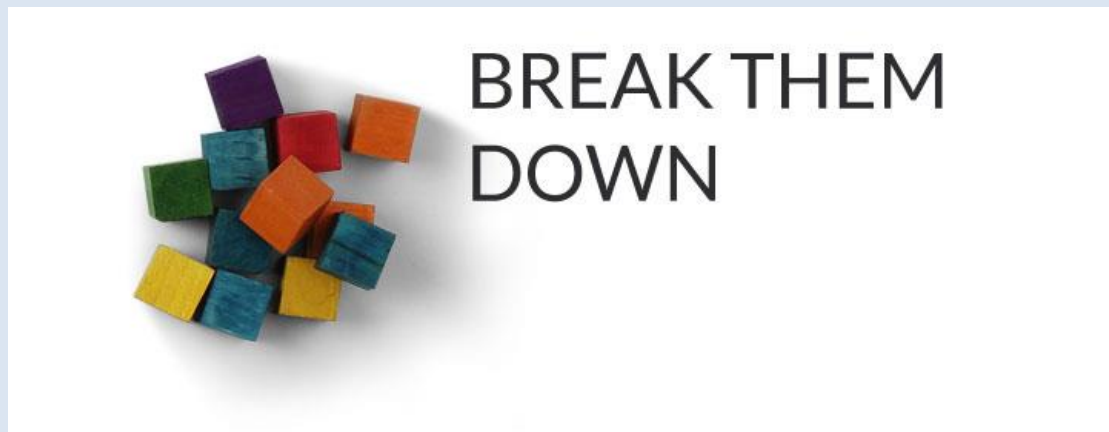
Too many visions? Too many resolutions?

Has it ever occurred to you that too many plans or too many resolutions can in itself, be a problem? Unrealistic goals help no one. Goal fatigue is real!

Any list of goals more than 3 is often times, too many. It is true that different persons work at different paces and can achieve multi-tasking at varied intensity. Nonetheless, when our goals for a given time frame such as a year are just about three in number, then that is a realistic projection.

Another thing you can do is to look at your own peculiar circumstance and determine what you think you can achieve in that time frame. Recently, I had a colleague who had a sick mother that required special care. His care was very time consuming. He also came from a background where it is considered almost a taboo not to be the one directly catering for one's aged parent. So the question of a care home was out of it for his mother. At this same time, he applied for and got a PhD started along with his day job. In a few months he was overwhelmed. He got advise from friends who urged him to take some time off the PhD pleading extenuating circumstance. He initially refused. However, by the time depression set in and he was on the verge of harming himself, it all came to a headway. He was given time off his studies, recovered and was able to come back on track. He had taken on too much without considering his own peculiar circumstance properly at the beginning.

Tip 3. Break your big goals down into simple chunks



Set daily activities that will make your work towards your goal easier. Do you wish to write a book? Do you wish to lose weight? Are you preparing for an examination? In each of these 3 examples, an individual can decide to write a determined number of words daily, dedicate the first one hour of their day to working out or reading the necessary chapters per day consistently.

The daily consistency with daily little chunks will in no time get you closer to your goal. It also does not allow for the fatigue and sometimes depression that comes with taking on a task all at one go or leaving it to the last minute.

Tip 4. Have your vision board and write your goals and visions down



At the risk of sounding like a broken record, it is important you have a vision board. A place where you write down all you are set to do. Pictures are very welcome on your vision board too. Put this board at a strategic position where you see it daily first thing in the morning and last thing at night.

The aim is to let it permeate your sub-conscious and conscious to the extent that you begin to live and breath it. That way, you are able to spot the things, people, events and activities that will make your vision happen when they come along. It is one thing to get an opportunity but more importantly, it is another thing to recognize one when it comes along – keep your vision board very close.

Tip 5. Overhaul your social network for that is your net worth



Who are the people closest to you? Who are those that make up your network? There is the saying that “Iron sharpeneth iron”. While I know I am at the risk of sounding snobbish, there is evidence to show that “when you roll with eagles you will soon perfect the art of soaring”. Do not misunderstand this point because it does not depend on the affluence or status of the company you keep. It has more to do with their mind set. Do you hang out with persons who believe in themselves and know they can achieve any thing they set out to do? Or do you surround yourself with people who analyze every single challenge in the way of every idea or vision proffered? Killing it before it even takes off?

When you have that other person who urges you to go on and tells you to believe in yourself, then your goal is half way achieved. It is

okay to plan and prepare for challenges anticipated on the way to achieving a goal. What one should not do is to dwell on them- see these challenges as the wind under your sail that will propel you.

The other set of persons you should remove from your network crew are the perpetual time wasters. Those who have nothing productive to share with you. With due respect to them, they may have something productive for other persons, but not for you. Decide what is worth your while and be unapologetic about it.

Actively seek those who are better and bigger than you out. Learn from them – life-long learning is key to personal development and achievement. Do not be afraid to surround your self with those you can learn from.

Overhaul your network today and keep on track with your resolutions.

Tip 6. You are in no competition with anyone else this New Year



Believe in your struggles and do not run a race with anyone else. Especially in this age of social media, people get a rebound depression and anxiety after the initial high they get from peering at their devices and reeling in the stories others are painting of their lives on media platforms. You are not with these people. You do not know what they are going through. You do not see the “icebergs that is their life, beneath the success they show you at the tip.” For every success celebrated on facebook, there may have been over 10 failures at the same thing that you never get told by the individual who is celebrating now. It would make no sense, to live the life of another

through your social media lenses. We all have a different script in life.

Let us learn to direct our own stories and not those of other people.

Consider how many pictures get taken and discarded before the best “picture perfect one” not “life perfect one” is put up on Instagram or Facebook. Think of all the filters on snapchat and you know not to run a race with anyone. Run with your resolutions and not those imagined that belong not to you, but to another.

Tip 7. Expect the down turns



A mistake, or a fall off the New Year resolution wagon, does not mean the end of your resolutions. Infact, expect them and be prepared to get up and run the remaining miles immediately you fall off the track.

If your resolution was to stop smoking for instance and you found yourself breaking it one day, do not feel so dejected and remain where you fell. Do not carry on smoking the next day. Rather, evaluate what caused you to slip and ensure you remove that factor while resolving not to go back down that road another time.

Continue with the resolutions even when you experience a glitch or the unexpected.

Tip 8. Take time out periodically to celebrate you



Periodically take time out to celebrate your achievements. When you attain set sub goals or even major goals, take the liberty to celebrate yourself and what you have achieved. Think about it, if you do not celebrate you, who will celebrate you for you? Now the last sentence is some sort of word pun that even though funny, carries a lot of meaning therein.

You do not need to run into debt celebrating yourself. Just a simple outing, a new book, a spa treat, a new bag, a donation to charity, whatever it is that rocks your boat and gives you self satisfaction, do it. Indulge your self with that little thing that matters to you. That is not to say if you can afford a holiday to the Bahamas every three months celebrating your achievements, you should not do it.

There they are, the tips that can help anyone of us, join the 10% group. Keeping the resolutions you make at the New Year or any time is not impossible. It just requires discipline, tenacity and wisdom to make the seven tips above happen and enable you remain in the resolution wagon.