

What's on Your Mind?

January 2018

Top 3 Reasons Most New Years Resolutions Fail

Every year it's the same thing. Before we know it another year has gone by in a blink of an eye. At least that is how it feels to me. Most of us will be thinking about what we have accomplished over the year and the things we didn't get to complete. The challenge for a lot of people is that every year they make resolutions and goals only to have to admit that nothing changed.

This brings me to the top three reasons that most resolutions or goals fail. The first reason is that most goals are usually someone else's goals. A lot of people have a goal to lose weight or stop smoking after the holidays. The reason people will fail at this goal is because it was a goal they felt they needed to do but didn't really want. You cannot be successful in a goal if it isn't your goal. Where is the motivation to stick with it?

The next reason your goals can fail is because it is not written out with an action plan. Goals without a plan of action is just a wish. It would be nice to have but really I don't want to have to do anything to get it. It is like the old saying of expecting a different result doing exactly what you have done in the past. Nothing ever changes, nor will it. Stop doing what you have always done and start making a plan.

The third reason your goals can fail is that they were unrealistic and you knew it when you made them. If you never believed you would achieve the goal, you never would. This is what is called a self-fulfilling prophecy. You got what you believed you would get because whatever the mind can conceive and believe it can achieve.

This year set yourself up for success. Write out your goals with a plan of action and a date beside each goal. Be specific of what YOU want, not somebody else's goal. Make sure you believe it can be achieved and use the Law of Attraction to help you succeed. If you want something bad enough, the desire and the decision to get it will bring you closer to succeeding. It is your life and your choice. What do you have to lose if you try something new? You may surprise yourself and have your best year ever.

Happy and Successful New Year.

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