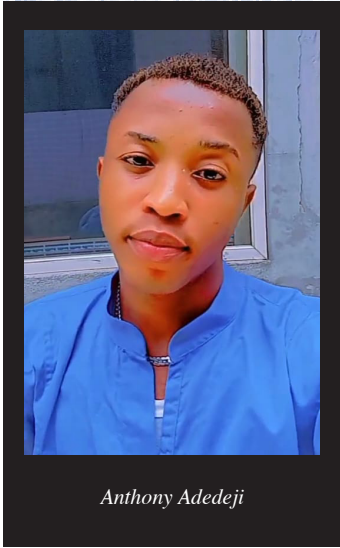


The Power of New Year Resolutions

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The New Year is now a reality, and with the holiday season already gone many people are indulging in retrospection and reevaluating some of their life choices. New Year's resolutions are the perfect opportunity for all those who failed to make the changes they said they would make next week, next month, or perhaps when winter starts, to do a reset. In this article, we will share some interesting facts about resolutions and give practical advice on creating a more effective list of goals for the new year.

Nowadays a lot of people make New Year's resolutions, but nearly half of those resolutions are abandoned by the second week of January. Almost 30% of people never make New Year's resolutions because they know they will not be able to keep them. However, people who do make New Year's resolutions are ten times more likely to achieve their goals than those who don't.

The types of New Year's resolutions tend to vary around the world. Geographically speaking, health-related resolutions top the list in the U.S. and Egypt while those in Australia and Japan were looking for love. In Russia, meanwhile, education was the top priority. And in India, career goals were dominant.

Of course, this is far from a scientific study, but it's still interesting. Some of the more common resolutions we found involved:

Diet, exercise, and weight loss
Reading more
Learning something new
Saving money
Being a nicer human
Getting a new job
Giving more time and money to charity
Drinking less
Sleeping more
Making new friends

So how do you create an effective New Year's resolution that will work?

A good plan can help you solve many problems. It can also help make your life exactly the way you want it to be. But making a good plan is not always an easy task. Therefore, we have prepared some helpful tips for you.

- Summarize the past year.

The first rule of successful planning is having the right mindset. Sit down, take your favorite notebook, and pen, and analyze your past year in terms of your achievements, failures, and any new acquaintances you've acquired.

If you made a New Year's resolution last year, be sure to summarize it. How many goals have you reached? Why haven't you been able to implement other goals? If you have been setting the same goal for yourself for a few years, but still cannot make it come true - perhaps you were merely influenced by the environment or clever advertising and don't really need it.

- Define the concept of the year.

It will be beneficial if you can articulate the ONE main goal of the year before starting your detailed planning. Also, before setting any goal, make sure that it corresponds to your interests and desires. For convenience, you can utilize the following six categories:

Work
Family
Relationships
Money
Interests
Personal development

- Break down goals into small tasks.

If the goal is crucial, identify specific tasks that must be accomplished to achieve it.

Try to test every goal with questions like the following examples:

What will happen if the goal is not achieved?

What am I willing to pay to fulfill it (time, effort)?

What am I improving in myself and in the world by achieving this goal?

Finally, to ensure your goals are clear and reachable, use the SMART methodology which recommends that each goal be:

Specific (simple, sensible, significant).

Measurable (meaningful, motivating).

Achievable (agreed, attainable).

Relevant (reasonable, realistic, and resourced, results-based).

Time-bound (time-based, time-limited, time/cost limited, timely, time-sensitive).