

SOMETHING TO ACT ON!



NOTABLE QUOTE

“If you can’t fly then run. If you can’t run then walk. If you can’t walk then crawl, but whatever you do you have to keep moving forward.”

- Martin Luther King Jr.

MAKING YOUR RESOLUTIONS STICK

The New Year seems to bring about a lot of hope for the future and optimism. This is the time when most make their goals for the year and vow to do better. With all the good intentions, statistics show that the majority give up on their resolutions within the first 90 days.

I cannot be a hypocrite about this because I as well have been a part of that majority for decades. I’ve set business goals, personal finance goals, health, and weight loss goals, and so on, to slowly convert back to my old habits by March. The question is why do we set ourselves up for failure each year with these generic goals? When are we going to take a deep dive into ourselves and truly evaluate the resolutions we need to make for a lifelong change? To make this wonderful realization come into existence, here are 5 tips to help make your New Year's resolutions more attainable this year:

1. Define the process within the resolution.

For these tips, let’s use the common resolution of losing weight as an example. You might say “For 2024 I am going to lose 20 pounds”. The desired result is not the problem, the failure to identify the many steps that are involved in reaching that the desired result is the problem. To lose weight you need to change your diet, exercise, drink plenty of water and get adequate rest, etc. What are the actions that need to happen to reach the main goal? Name and list them out for your resolution.

2. Get specific.

This is where you get very specific on what you are going to accomplish. A combination of a few simple action steps can make an overarching goal truly attainable. Going back to the weight loss goal, setting goals like adding one green vegetable to every meal, drinking 3 bottles of water a day, or to exercise 30 minutes 5 days a week gives you something to act on.

3. Don’t overload yourself.

I understand you want change, but Rome was not built overnight. Be consistent on a few things first. As soon as those action steps have been successfully integrated into your routine, you can always add a few more.

4. Keep pushing.

I’ve heard that it takes between 20 – 60 days to break an old habit and gain a new one. I know from experience that those nasty old habits like to wiggle themselves back in as soon as you want to make a change for the better. But, if you keep pushing and don’t give up, you will eventually beat them.



5. Stop procrastinating.

Act immediately! A person drowning would not wait before reaching for the life preserver. Why is that? Because they understand the severity of the situation and act immediately. That is also the approach we should take when it comes to making changes in our lives. If it was important enough to write down as a resolution, then it is important enough to act on at this very moment.

In summary, put your mind to it and just do it!



ONE LAST THING

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