

LEARNING FROM NEW YEARS RESOLUTIONS

Last year, psychologist Prof Richard Wiseman tracked the lives of over 700 people as they attempted to achieve their New Year's resolutions. Only 12% of participants achieved their resolution and by comparing the techniques used by successful and unsuccessful participants, Wiseman identified the following as key components in effectively achieving personal objectives:

- Break your goal into a series of bite-sized steps – Focus on creating sub-goals that are concrete, measurable, and time-based
- Tell your friends and family about your goals, thus increasing the fear of failure and eliciting support
- Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you obtain your aim
- Expect to revert to your old habits from time to time – Treat any failure as a temporary set-back rather than a reason to give up altogether.
- Make only one resolution/objective, your chances of success are greater when you channel energy into changing just one aspect of your behaviour
- Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and a sense of progress

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