

Some practical advice for keeping your New Year resolutions from two local Brighton ladies who have published a book outlining their philosophy and take on life.

# How To Make New Years Resolutions You'll Actually Keep!

We all want our new years resolutions to change and improve our lives. But too often all those good intentions have fallen to the wayside by February! How can you make sure that you will keep your new years resolutions and meet your goals?

Think positive! Too many resolutions focus on negative goals: to quit, to stop or to lose.

If you set yourself a negative goal such as 'to stop getting so anxious' then your mind will focus on the negative words 'stop' and 'anxious'. Resolutions that contain 'don't', 'mustn't' or 'stop' are self-defeating. Instead of thinking 'I must stop getting so anxious', think 'I want to be more confident'.

You are more likely to achieve goals that get you what you want, rather than goals that help you to avoid something! Your new years resolutions should inspire you and give you hope. Positive goals do this. In contrast, nega-

tive goals that are framed in terms of 'mustn't', 'can't' or 'won't' create doom and gloom and don't serve to motivate you.

Worried it's going to take too long to achieve your goals?

'If I start working freelance now, it could take months to build up enough clients to make it worthwhile,' or, 'If I join a gym now it could take ages to get fit'

Thinking like this can paralyse you and prevent you from taking action to achieve your goals. But whether you put your plan into action over the next year or not, that year will pass anyway.

Make a resolution and then ask yourself, "How does this resolution make me feel right now?" Does it inspire you and bring hope, focus, and motivation to your life. It does? Then make the resolution and start working towards it!

Yes of course your goals are in the future, but in reality you are only ever in the present. Thinking about and setting positive goals will improve how you feel right now. What does it matter how long it takes to achieve them? Whether it takes a month or a year, the journey is positive and enjoyable.

However, if a goal doesn't improve your present reality, then why have it? If you feel that it's going to create too much sacrifice and stress, if you're worrying about the risks you'll face and other discouraging thoughts, then it's not a realistic goal, drop it and consider a different new years resolution.

This year, resolve to think positively!

For more ways to live the life you want, see 'Bounce: Use the power of resilience to live the life you want' By Gill Haven and Sue Hadfield. [www.amazon.co.uk](http://www.amazon.co.uk)

