



The New Year Resolution Conundrum **Unravelling the WHY and HOW we falter**

As we stand on the threshold of another promising New Year, let us welcome 2024 with a smile.

On her way to office, on a cool late December morning, a lady noticed that one fast food centre close by her house got overnight converted into a fitness centre. Impressed by the new look of the place and thrilled to see the transformation, the lady met the owner the same evening with an excitement to join. In fact, during the day, she dreamt of being slimmer and pictured herself looking more attractive in the coming year by working out in the gym. But then what she heard from the owner was not at all heartening. The owner stated that the Gym would only be there for the first month of the New Year and in February the place would again get re-converted to a fast-food centre as, by then, almost all New Year resolutions fall flat !

The concept of New Year resolutions is deep rooted in the human desire for self-improvement. The act of making resolutions is intensely ingrained in our mind. The turning of the calendar signifies a symbolic opportunity to break free from old habits, embrace change and strive for a better version of ourselves. The tradition of setting New Year resolutions is once again in full swing now. The allure of a fresh start, painting of the blank canvas with our aspirations and ambitions is undeniably enticing. Nevertheless, the journey from resolution to realization is often fraught with challenges, leaving many wondering; why these well-intentioned goals elude us.

The food for thought is why our resolutions fail and the answer here is two folds:



Let us take a re-look at both these issues.

A resolution without a plan is merely a wish and not a goal. While aiming high is admirable and courageous, setting unrealistic goals generally lead to frustration and results in cessation. Setting specific, measurable, achievable, relevant and time-bound (SMART) goals are critical to increase the likelihood of accomplishment.

Furthermore, despite our best intentions, the tendency to postpone on time implementation delays our achievements. To avoid procrastination, we need to create a roadmap detailing the actions required to achieve our goals along with the specified time lines to accomplish those. Without a system for accountability measurement, resolutions may fall by the wayside. Procrastination often stems from a belief that one lacks the skills or resources to accomplish a task. Building confidence through small, achievable steps and seeking support when needed can combat these barriers. Belief in the concept of "progress over perfection" is the key to evade procrastination.

Making New Year resolutions is a testament to our innate desire for personal and professional evolution. By understanding the reasons behind the failure of resolutions and adopting strategies to overcome common pitfalls, we can positively pave the way for a more successful and fulfilling year ahead.

We wish all the readers and members of Achievers Circle a prosperous and joyous 2024. May you achieve your aspirations and thrive in your every endeavour in the year to come.

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