

Title:

Soluble New Years Resolutions

Word Count:

400

Summary:

As Big Ben chimes at midnight on 31st December we toast in the New Year and make all those decisions

Does this sound familiar? If so you are one of the millions of people who make (and subsequently break)

Keywords:

new year, personal change

Article Body:

As Big Ben chimes at midnight on 31st December we toast in the New Year and make all those decisions

Does this sound familiar? If so you are one of the millions of people who make (and subsequently break)

So why do we do it? What makes January the first such a special time to make a change to our lives?

The answer to this may never be fully known and understood but in my experience there are a number of reasons

- We are not at our most sober or 'clear thinking' when we make the commitment.
- Everyone breaks New Years Resolutions so why shouldn't we?
- January is wet, miserable and cold (or hot and sunny depending on where you live) and the weather is not ideal
- The friends we tell our resolutions to on NYE either can't remember or are too busy breaking their own

So how can we make changes that are lasting in our lives? These are a few of the positive steps you can take

- Chose a day and time in the very near future and make that your 'change my life plan' day
- Tell as many people as you can about your plan and tell them you want to stick to it. It is easier to stick to a plan if you have people who are supporting you
- Set your goal or plan in achievable, measurable steps - try and change the world in a day and see how long it lasts
- Choose a looking forward plan where you focus on what you want to achieve, not what you want to avoid

So as we head towards, or away from the New Year lets just enjoy the celebrations and make the most of it

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>