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**WHY NEW
YEAR'S
RESOLUTIONS
COULD BE
INHIBITING
YOUR
PROGRESS**

Every year, countless individuals set ambitious New Year's resolutions with the hope of making significant changes in their lives. While the intention behind these resolutions is often positive, they can sometimes lead to disappointment and frustration.

Here, we explore why New Year's resolutions could be detrimental and provide strategies to foster long-lasting habits instead.

Don't make resolutions — SET STANDARDS and achievable habits!

After all, we are the sum of our habits.



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THE DOWNSIDE TO NEW YEAR'S RESOLUTIONS



Unrealistic Expectations - New Year's resolutions often involve setting lofty goals that may be unattainable within a short period, too focused on an outcome to be achieved at a time too far in the future, or too vague. These unrealistic expectations can set individuals up for failure, leading to feelings of inadequacy and discouragement.

Pressure and Stress -The societal pressure to make dramatic changes at the start of the year can cause undue stress. This pressure can take the joy out of the **process** and make the resolutions feel like a burdensome obligation rather than a positive transformation.

All-or-Nothing Mentality resolutions can foster an all-or-nothing mindset, where individuals believe they must either fully succeed or completely fail. This mentality can be harmful, as it does not allow for flexibility and can result in giving up entirely after a minor setback. **(Hint - the key to new skill development is lots of reps with lots of small errors)**

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THE DOWNSIDE TO NEW YEAR'S RESOLUTIONS



Lack of Sustainable Planning - Many resolutions are made without a clear plan for how to achieve them. Without a structured approach, it is easy to lose motivation and direction, leading to abandoned resolutions.

Short-Lived Motivation -The initial motivation for setting resolutions often wanes as the year progresses. Without consistent reinforcement, it can be challenging to maintain the enthusiasm needed to achieve long-term goals.

FOCUS ON THE PROCESS! We often set goals based on outcomes instead of the process. Outcome goals such as “I want to lose 20 pounds by July” may be measurable, but leave too much ambiguity as to how one might reach that outcome.

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HOW TO CREATE LONG-LASTING HABITS

Instead of setting New Year's resolutions, consider adopting these strategies to create sustainable and long-lasting habits:

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New Year's Resolutions

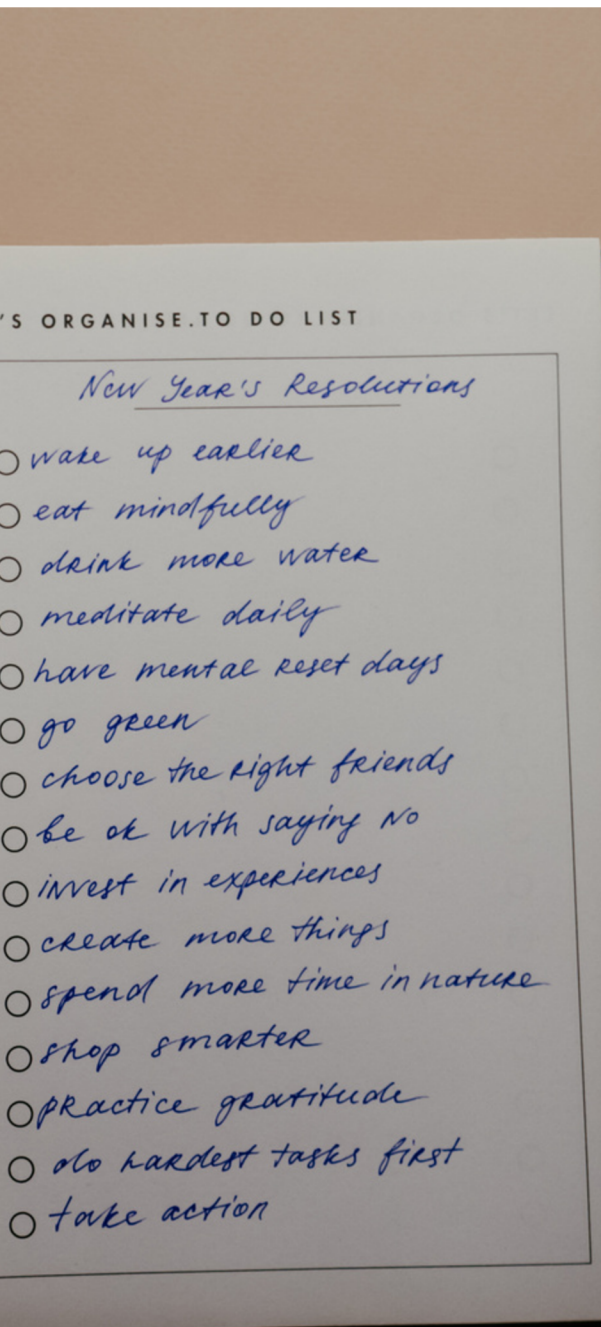
- ☐ wake up earlier
- ☐ eat mindfully
- ☐ drink more water
- ☐ meditate daily
- ☐ have mental reset days
- ☐ go green
- ☐ choose the right friends
- ☐ be ok with saying no
- ☐ invest in experiences
- ☐ create more things
- ☐ spend more time in nature
- ☐ shop smarter
- ☐ practice gratitude
- ☐ do hardest tasks first
- ☐ take action

- **Start Small:** Begin with manageable and achievable goals. Small, incremental changes are more likely to lead to long-term success.
- **Be Specific:** Define clear and specific actions rather than vague resolutions. For example, instead of saying "get fit," commit to "exercise for 30 minutes three times a week."
- **Create a Routine:** Integrate new habits into your daily routine. Consistency is key to making habits stick.
- **Track Progress:** Keep a journal or use an app to monitor your progress. Tracking helps to maintain motivation and provides a sense of accomplishment.

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HOW TO CREATE LONG-LASTING HABITS



- Seek Support: Share your goals with friends or family members who can offer encouragement and accountability.
- Be Patient: Understand that building new habits takes time. Be patient with yourself and recognize that setbacks are a natural part of the process.
- Reward Yourself: Celebrate your achievements, no matter how small.

Again, the key to new skill development is lots of reps with lots of small errors

By focusing on sustainable habits rather than New Year's resolutions, you can cultivate meaningful and lasting changes in your life – with your loved ones, and yourself. Embrace the journey of self-improvement with patience and perseverance, and the results will follow.

Adherence is the cornerstone to success. Your outcomes are the byproduct.

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LET'S *GO!*

Ready to transform your life?
Transform your life with our holistic
fitness approach. Mind, body, spirit,
and community – join us today and
start your journey to optimize your
life!

JOIN US

