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The Problem With New Year's Resolutions

By Cyndi Smasal

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Thanks,
Cyndi Smasal

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The Problem With New Year's Resolutions
Cyndi Smasal
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The moment you make a New Year's Resolution, you have a problem.
Here's why.

When you make a resolution you are telling yourself that you want more than you already have. For example, you resolve to quit smoking or lose weight to have a more healthy lifestyle.

When you make a resolution like this, you are asking yourself to change the way you live. To change the way you live, you will have to grow.

The potential problem begins when you want to do something new that doesn't match the person whom you know yourself to be. This creates an internal conflict. Part of you wants to change, and another part of you wants to remain who you are out of habit. Many times this internal conflict creates negative self-talk or criticism, which can paralyze you and stop you from keeping your resolution.

It's easy to start the New Year with good intentions and a list of resolutions. But it's hard to follow through with those resolutions all year. Sometimes they don't last a month or even a week. Another reason it's hard to follow through and keep a resolution is the lack of a support system. Everything in

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your life is set up for you to do things the old way. In order to start doing something new, you have to set a new structure and support system in place to reinforce your new behavior until it becomes a new lifestyle.

This New Year, instead of making resolutions, think about what outcomes you want to have at the end of next year. Then establish a structure and support system with all the resources you need to make it happen.

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Cyndi Smasal: Jump–Start Coach & Inspirational Speaker

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Resolutions in the Job Search Just Don't Work!

By Marilyn J. Tellez, M.A.

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New Year's Resolutions

in the Job Search

Just Don't Work!

Let me explain about why I think resolutions to find a new job don't work. New Year's resolutions are too ephemeral! They are a signal that something needs to change within a person, but the dedication to change isn't really there. It's a lot of wishful thinking, isn't it?

How to make a resolution work for you?

Here are my tips.

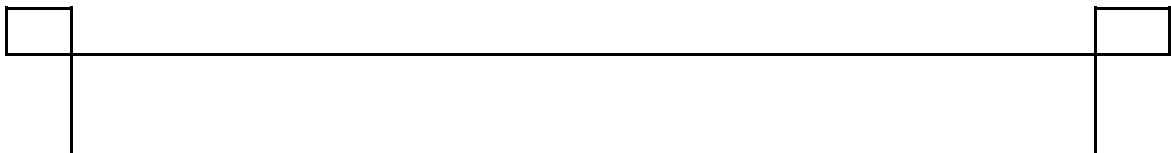
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1. Write them down. Refer to them often.
Make any small changes as you move along.
2. The resolution needs to be realistic.
Concrete resolutions that need action
can't be ignored for long.
3. Make something happen that is on your
resolution list. Take one of the items
on your list and diagram or write what
you must do to make the change. (Calling
on employers could be on the list).
4. Keep moving. Your resolutions need to
be fulfilled. Don't take your own "no"
as the answer. Persevere, start over as
need be.
5. Be successful in achieving a goal.

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