

# Achieving your 2013 resolutions



Every week/month/year we make resolutions in both our personal and professional lives. But whether it is to quit smoking, manage our finances better, resolve conflict with co-workers easier, or just work on our own emotional issues, some people are more successful with fulfilling their resolutions than others.

## So, here are some tips to achieve common resolutions:

### 1. I want to quit smoking!

Post signs on telephones, fridges, cupboard doors, shower doors, next to your bed, and anywhere else you can think of saying, "I am a non-smoker." Lighters and matches should be collected and removed. If you don't have anything to light a cigarette with, you won't smoke any! Get rid of them.

### 2. I want to be healthy!

Following a healthy diet has both short- and long-term benefits, but it's not always easy to maintain healthy eating behaviour when these benefits are vague or not immediate. Knowing what's in it for you now can help the process of making better food choices a little easier.

### 3. I want to take care of my finances!

Use your budget to keep track of, and record, every purchase you make. Whether you buy a magazine, get the car washed or buy a cup of coffee, be sure to write it down! Keep a notebook, journal or even a small scrap of paper with you at all times so you can write down unexpected purchases. Enter these into your budget later.

### 4. I want to enhance my productivity!

Get organised. Having a sense of control of your life may be just what you need to feel happy about it. Keep your life as free from chaos as possible. Write lists, manage your time properly and don't take on things you can't finish in time. Learn to say no!

### 5. I want to nurture myself more!

Make time for pampering at least once a month. Whether you enjoy visiting the steam room at the gym or the odd foot massage, try to make time for it. Even a weekly lunch with a friend can help you de-stress.

### 6. I want to get active!

Get a notebook where you can record your training sessions, the day, time, how long you trained for and how you felt. You may start seeing a pattern, like you have more time or feel better when you exercise in the morning. Certain days may be less hectic than others and you can see how much better you feel as you go along. You will probably lose track from time-to-time, but that will merely take you a few steps back in the process.

***Be realistic instead of trying to attain impossible goals. It makes a lot more sense to say, "This is who I am, this is what I can do, this is what I want to achieve."***