



Turn Your New Year Resolutions Into Reality

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We are fresh into the New Year, and people all over the globe will be scrambling for their list of New Year's resolutions, carefully thumbing through them and trying to turn the words into actions. If we were honest with ourselves, we would realize that in order to achieve these goals, we must be willing to work hard for them. If only these resolutions took care of themselves! This week, we've put together some useful tips on how to turn your New Year resolutions into reality, by narrowing down your resolutions and focusing on specific tasks at hand.

Break it down.

Our goals, even when written down, may seem daunting and overwhelming. By breaking down our goals to smaller, bite-sized pieces, our goals suddenly seem more achievable, as though a huge rock has been lifted from our chests and we can finally tell ourselves "You can do it. Take a deep breath. See? You've got this." To put it simply, is it easier to "get fit" or is it easier to "run for 30 minutes twice a week"? When goals are broken down into smaller steps, they tend to seem less like a mountain you can't climb, but rather a hill that may be a challenge, but is not impossible to achieve. Every great idea is only effective when backed with a great plan. So take the time to think of all the necessary steps you have to take in order to achieve your goal. Want to learn how to cook? Do your due research, and find out what is required for that.

Identify potential challenges and setbacks.

The overarching theme of this article is to *narrow down* our resolutions in order to *focus* on the task at hand. Now we're not trying to conquer a mountain without even having the right gear, but rather we are trying to get fit and prepare ourselves accordingly for the climb. After identifying the necessary steps that you need to take in order to achieve your goal, start identifying some potential challenges and setbacks that you may face along the way. In order to "get fit," you may require a gym membership if you live in a city like Edmonton where the weather may not always permit outdoor exercise, unless you're a die-hard lover of running in -20 degrees Celsius. Does your gym fall within your budget? Does your gym require that you bring your own lock? What time does your gym open and close, and how would that fit into your weekly schedule? Logistics matter! What stands in your way between you and your goal? Take some time to be more self-aware and be frank with yourself.

Find solutions to each challenge.

Remember, these are challenges and not problems. Challenges can be tackled and overcome! Maybe you want to save more money and be a wiser spender, and you realize that subscribing to multiple marketing emails targeted at less-than-savvy spenders like you is probably not a very smart move. It's true that people who subscribe to email marketing end up spending more than non-subscribers at the said store over their lifetime! Sometimes, the solutions to the challenges you've identified are obvious. Sometimes, it's not. While this task of breaking down your New Year's resolutions into attainable and realistic goals is a significantly personal one, roping in the

help of friends and family may ease the process for you. Ultimately, you're the one in charge of your goals.

Identify the steps required to achieve the final goal.

This is the last but probably the most critical step to this task. This is where you gather all your reflections from the above points and write (or type) them all down, from top to bottom. Create a timeline so that you can check in with yourself at the right time to see if you're on the path to success. Getting fit does not happen over night. Things take time. However after you've moved past the challenges before actually starting to exercise, it almost feels like half the battle is won after you *start* exercising. Often, the biggest challenge is to even *start*. But humans are creatures of habit. Once you get into the groove of things, it is likely that it will be harder to stop!

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