

New Year's Resolution

Why is it a thing?

Many societies throughout time have expressed resolutions during the culture's New Year. The first recorded civilization to do so were the Babylonians who made promises to their gods in order to have good luck throughout the year. Their new year wasn't in the middle of winter though. Instead they celebrated their New Years in the middle of March, when it was time to plant their crops.

Why are they difficult to keep?

In many cases, people often bite off more than they can chew. Instead of choosing an easy resolution that doesn't require too much time or resources dedicated to it, they choose big goals. These big goals are much harder to achieve than little goals and once they are unable to do so, people often give up.

Common Ones?

The two most common resolutions are related to health. Diet and Exercise. A resolution to cut out certain unhealthy foods from your diet and to go to the gym a certain number of times per week come out top of most polls on the subject. I know I have made these resolutions in the past and I've rarely made it to February.

Tips to keep them

Well, I'm no expert, but I think the biggest tip I could give to someone who wants to keep their resolution is to make the resolution as small as possible while still being a useful change in your life. Being able to perform a small task regularly can help you build up a momentum that helps you keep to the promise you've made to yourself.

My second tip is to not worry as much about failing your resolution. Many people give up once they fail to achieve a certain goal but what you should really do is analyse why you failed and then try to restart your resolution. In the long term, this is a much more successful technique.

And thirdly, if you look at resolutions, you can think of SMART goal setting, they've got to be specific and measurable.

Please share yours

I hope that you can share your resolutions with us, whether they are big or small and tell us why you wish to realize your goal.